

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Calcium, Ca (mg) ; Magnesium, Mg (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: October 11, 2016 20:50 EDT

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18370	Leavening agents, baking powder, double-acting, straight phosphate	7,364.00	39.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	5,876.00	27.00
18371	Leavening agents, baking powder, low-sodium	4,332.00	29.00
19225	Desserts, rennin, tablets, unsweetened	3,733.00	18.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	3,333.00	80.00
02003	Spices, basil, dried	2,240.00	711.00
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	2,134.00	181.00
02039	Spices, savory, ground	2,132.00	377.00
01113	Whey, acid, dried	2,054.00	199.00
02023	Spices, marjoram, dried	1,990.00	346.00
02042	Spices, thyme, dried	1,890.00	220.00
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	1,887.00	60.00
02017	Spices, dill weed, dried	1,784.00	451.00
02007	Spices, celery seed	1,767.00	440.00
02038	Spices, sage, ground	1,652.00	428.00
12193	Seeds, sisymbrium sp. seeds, whole, dried	1,633.00	314.00
02027	Spices, oregano, dried	1,597.00	270.00
02016	Spices, dill seed	1,516.00	256.00
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	1,495.00	317.00
02066	Spearmint, dried	1,488.00	602.00
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	1,440.00	208.00
02033	Spices, poppy seed	1,438.00	347.00
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	1,412.00	210.00
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	1,378.00	275.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	1,375.00	34.00
02008	Spices, chervil, dried	1,346.00	130.00
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	1,333.00	53.00
02036	Spices, rosemary, dried	1,280.00	220.00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	1,257.00	110.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1,257.00	110.00
01146	Cheese, parmesan, shredded	1,253.00	51.00
02012	Spices, coriander leaf, dried	1,246.00	694.00
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	1,231.00	117.00
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	1,231.00	117.00
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	1,229.00	58.00
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	1,209.00	--
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	1,207.00	--
01224	Protein supplement, milk based, Muscle Milk Light, powder	1,200.00	280.00
02018	Spices, fennel seed	1,196.00	385.00
01033	Cheese, parmesan, hard	1,184.00	44.00
01094	Milk, buttermilk, dried	1,184.00	110.00
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	1,164.00	--
03189	Babyfood, cereal, oatmeal, dry fortified	1,160.00	110.00
03193	Babyfood, cereal, oatmeal, with honey, dry	1,154.00	146.00
01209	Cheese, Mexican, blend, reduced fat	1,146.00	35.00
02029	Spices, parsley, dried	1,140.00	400.00
02041	Spices, tarragon, dried	1,139.00	347.00
01204	Cheese, parmesan, dry grated, reduced fat	1,109.00	38.00
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	1,084.00	70.00
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	1,070.00	--
01038	Cheese, romano	1,064.00	41.00
03964	Babyfood, fortified cereal bar, fruit filling	1,053.00	19.00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	1,047.00	3.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	1,045.00	26.00
01253	Cheese, pasteurized process, American, without added vitamin D	1,045.00	26.00
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	1,039.00	473.00
01023	Cheese, gruyere	1,011.00	36.00
02010	Spices, cinnamon, ground	1,002.00	60.00
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	1,000.00	53.00
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	998.00	46.00
02034	Spices, poultry seasoning	996.00	224.00
12024	Seeds, sesame seeds, whole, roasted and toasted	989.00	356.00
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	985.00	--
12023	Seeds, sesame seeds, whole, dried	975.00	351.00
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	970.00	40.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	965.00	255.00
42304	Cheese, mozzarella, nonfat	961.00	33.00
43405	Cheese, swiss, low sodium	961.00	36.00
43589	Cheese, swiss, low fat	961.00	36.00
01266	Cheese, Swiss, nonfat or fat free	961.00	36.00
16429	Tofu, fried, prepared with calcium sulfate	961.00	95.00
12169	Seeds, sesame butter, paste	960.00	362.00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	956.00	36.00
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	953.00	255.00
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	943.00	--
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	935.00	34.00
02014	Spices, cumin seed	931.00	366.00
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	930.00	52.00
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	920.00	52.00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	920.00	52.00
01090	Milk, dry, whole, with added vitamin D	912.00	85.00
01212	Milk, dry, whole, without added vitamin D	912.00	85.00
14063	Beverages, chocolate powder, no sugar added	909.00	410.00
14080	Beverages, rich chocolate, powder	909.00	218.00
14309	Beverages, OVALTINE, Classic Malt powder	909.00	218.00
14315	Beverages, OVALTINE, chocolate malt powder	909.00	218.00
01182	USDA Commodity, cheese, cheddar, reduced fat	905.00	35.00
01156	Cheese, goat, hard type	895.00	54.00
01265	Cheese, cheddar, nonfat or fat free	893.00	16.00
01040	Cheese, swiss	890.00	33.00
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	886.00	329.00
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	882.00	46.00
43078	Beverage, milkshake mix, dry, not chocolate	880.00	200.00
19909	Sweeteners, sugar substitute, granulated, brown	879.00	6.00
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	871.00	--
03194	Babyfood, cereal, Rice, dry, fortified	860.00	37.00
01032	Cheese, parmesan, grated	853.00	34.00
43529	Babyfood, rice and apples, dry	850.00	15.00
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	840.00	--
02004	Spices, bay leaf	834.00	120.00
11615	Chives, freeze-dried	813.00	640.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	801.00	45.00
01185	Parmesan cheese topping, fat free	800.00	40.00
01267	Cheese, mexican, queso cotija	800.00	38.00
03185	Babyfood, cereal, mixed, dry fortified	800.00	100.00
03190	Babyfood, cereal, oatmeal, with bananas, dry	800.00	118.00
43340	Cheese, parmesan, low sodium	800.00	51.00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	800.00	245.00
01115	Whey, sweet, dried	796.00	176.00
01061	Cheese, American, nonfat or fat free	789.00	115.00
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	789.00	85.00
01028	Cheese, mozzarella, part skim milk	782.00	23.00
01044	Cheese, pasteurized process, swiss	772.00	29.00
01260	Cheese, cheddar, reduced fat	761.00	27.00
01035	Cheese, provolone	756.00	28.00
01208	Cheese, provolone, reduced fat	756.00	28.00
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	754.00	317.00
03211	Babyfood, cereal, high protein, with apple and orange, dry	751.00	159.00
01025	Cheese, monterey	746.00	27.00
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	734.00	28.00
43597	Cheese, mozzarella, low sodium	731.00	26.00
01018	Cheese, edam	731.00	30.00
01047	Cheese food, pasteurized process, swiss	723.00	28.00
01030	Cheese, muenster	717.00	27.00
01271	Cheese, mozzarella, low moisture, part-skim, shredded	716.00	29.00
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	714.00	57.00
14654	Beverages, nutritional shake mix, high protein, powder	714.00	500.00
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	712.00	--
01270	Cheese, cheddar, sharp, sliced	711.00	27.00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	711.00	45.00
01009	Cheese, cheddar	710.00	27.00
02013	Spices, coriander seed	709.00	330.00
42117	Imitation cheese, american or cheddar, low cholesterol	705.00	30.00
42155	Cheese, monterey, low fat	705.00	27.00
01169	Cheese, low-sodium, cheddar or colby	703.00	27.00
01022	Cheese, gouda	700.00	29.00
01041	Cheese, tilsit	700.00	13.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
14058	Beverages, Whey protein powder isolate	698.00	233.00
01029	Cheese, mozzarella, low moisture, part-skim	697.00	27.00
03186	Babyfood, cereal, mixed, with bananas, dry	696.00	90.00
03212	Babyfood, cereal, rice, with bananas, dry	691.00	141.00
01229	Cheese, white, queso blanco	690.00	29.00
02005	Spices, caraway seed	689.00	258.00
42205	Cheese, pasteurized process, cheddar or American, fat-free	689.00	36.00
01011	Cheese, colby	685.00	26.00
18967	Bread, white wheat	684.00	26.00
43275	Cheese, pasteurized process, American, low fat	684.00	24.00
43379	Cheese, pasteurized process, swiss, low fat	684.00	24.00
16426	Tofu, raw, firm, prepared with calcium sulfate	683.00	58.00
01046	Cheese food, pasteurized process, American, vitamin D fortified	682.00	27.00
01254	Cheese food, pasteurized process, American, without added vitamin D	682.00	27.00
02035	Spices, pumpkin pie spice	682.00	136.00
01165	Cheese, mexican, queso anejo	680.00	28.00
01005	Cheese, brick	674.00	24.00
01008	Cheese, caraway	673.00	22.00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	668.00	250.00
01039	Cheese, roquefort	662.00	30.00
01166	Cheese, mexican, queso asadero	661.00	26.00
01227	Cheese, dry white, queso seco	661.00	27.00
02001	Spices, allspice, ground	661.00	135.00
01251	Cheese, Mexican blend	659.00	25.00
01167	Cheese, mexican, queso chihuahua	651.00	23.00
01034	Cheese, port de salut	650.00	24.00
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	649.00	10.00
02002	Spices, anise seed	646.00	170.00
01010	Cheese, cheshire	643.00	21.00
03181	Babyfood, cereal, barley, dry fortified	643.00	115.00
19154	Candies, sesame crunch	639.00	251.00
02011	Spices, cloves, ground	632.00	259.00
12006	Seeds, chia seeds, dried	631.00	335.00
11432	Radishes, oriental, dried	629.00	170.00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	625.00	175.00
43398	Cheese, pasteurized process, cheddar or American, low sodium	616.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
01043	Cheese, pasteurized process, pimento	614.00	22.00
01161	Cheese substitute, mozzarella	610.00	41.00
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	606.00	27.00
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	600.00	140.00
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	600.00	40.00
08580	Incaparina, dry mix (corn and soy flours), unprepared	600.00	220.00
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	590.00	39.00
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	580.00	55.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	578.00	35.00
14196	Beverages, Cocoa mix, no sugar added, powder	576.00	208.00
01027	Cheese, mozzarella, whole milk, low moisture	575.00	21.00
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	574.00	--
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	570.00	51.00
01228	Cheese, fresh, queso fresco	566.00	24.00
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	565.00	38.00
01048	Cheese spread, pasteurized process, American	562.00	29.00
43278	Cheese, american cheddar, imitation	562.00	29.00
01259	Cheese spread, American or Cheddar cheese base, reduced fat	557.00	27.00
01020	Cheese, fontina	550.00	14.00
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	541.00	46.00
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	540.00	39.00
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	540.00	39.00
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	534.00	38.00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	530.00	55.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	530.00	55.00
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	529.00	33.00
42258	Cheese product, pasteurized process, cheddar, reduced fat	529.00	33.00
42303	Cheese, muenster, low fat	529.00	27.00
01004	Cheese, blue	528.00	23.00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	526.00	55.00
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	526.00	55.00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	526.00	55.00
02015	Spices, curry powder	525.00	255.00
01026	Cheese, mozzarella, whole milk	505.00	20.00
12011	Seeds, cottonseed meal, partially defatted (glandless)	504.00	760.00
25017	Formulated bar, POWER BAR, chocolate	504.00	248.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
25043	Snacks, candy bits, yogurt covered with vitamin C	500.00	23.00
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	500.00	14.00
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	500.00	410.00
01223	Protein supplement, milk based, Muscle Milk, powder	500.00	200.00
08142	Cereals, WHEATENA, dry	500.00	130.00
01024	Cheese, limburger	497.00	21.00
01045	Cheese food, cold pack, American	497.00	30.00
01019	Cheese, feta	493.00	19.00
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	493.00	19.00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	485.00	17.00
35205	Stinging Nettles, blanched (Northern Plains Indians)	481.00	57.00
12007	Seeds, cottonseed flour, partially defatted (glandless)	478.00	721.00
18295	Pancakes, buckwheat, dry mix, incomplete	476.00	190.00
12008	Seeds, cottonseed flour, low fat (glandless)	474.00	716.00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	470.00	55.00
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	470.00	55.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	470.00	55.00
14066	Beverages, Protein powder whey based	469.00	195.00
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	466.00	--
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	457.00	53.00
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	455.00	16.00
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	455.00	16.00
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	455.00	58.00
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	455.00	49.00
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	455.00	53.00
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	453.00	51.00
18299	Pancakes, whole-wheat, dry mix, incomplete	449.00	104.00
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	444.00	54.00
02030	Spices, pepper, black	443.00	171.00
35233	Hazelnuts, beaked (Northern Plains Indians)	441.00	235.00
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	441.00	32.00
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	440.00	98.00
16135	Winged beans, mature seeds, raw	440.00	179.00
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	436.00	30.00
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	434.00	74.00
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	434.00	86.00

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36051	ON THE BORDER, cheese quesadilla	432.00	24.00
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	432.00	31.00
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	430.00	42.00
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	430.00	42.00
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	430.00	9.00
36052	Restaurant, Mexican, cheese quesadilla	430.00	24.00
28302	Cookies, graham crackers, plain or honey, lowfat	429.00	56.00
11985	Fireweed, leaves, raw	429.00	156.00
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	426.00	95.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	425.00	90.00
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	422.00	28.00
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	421.00	42.00
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	420.00	41.00
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	420.00	96.00
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	418.00	--
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	418.00	26.00
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	418.00	27.00
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	418.00	27.00
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	417.00	48.00
01168	Cheese, low fat, cheddar or colby	415.00	16.00
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	413.00	23.00
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	410.00	32.00
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	410.00	32.00
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	410.00	32.00
08510	Milk and cereal bar	410.00	21.00
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	409.00	35.00
02049	Thyme, fresh	405.00	160.00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	401.00	114.00
01021	Cheese, gjetost	400.00	70.00
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	400.00	41.00
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	400.00	41.00
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	400.00	41.00
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	400.00	67.00
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	400.00	56.00
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	400.00	41.00
42284	Babyfood, baked product, finger snacks cereal fortified	400.00	27.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	399.00	34.00
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	397.00	41.00
16272	Vitasoy USA Nasoya, Lite Silken Tofu	394.00	--
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	390.00	41.00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	390.00	41.00
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	389.00	362.00
01007	Cheese, camembert	388.00	20.00
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	387.00	90.00
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	385.00	31.00
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	385.00	115.00
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	385.00	115.00
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	385.00	115.00
14407	Beverages, orange-flavor drink, breakfast type, powder	385.00	0.00
02026	Spices, onion powder	384.00	113.00
02006	Spices, cardamom	383.00	229.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	382.00	39.00
28263	KEEBLER, Grahams, Cinnamon Crisp	381.00	12.00
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	380.00	92.00
28274	MURRAY, Honey Graham	379.00	--
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	378.00	17.00
08092	Cereals, QUAKER, corn grits, instant, plain, dry	378.00	28.00
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	378.00	15.00
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	377.00	13.00
28043	KEEBLER, ANIMALS, Cookies	375.00	13.00
08177	Cereals, MALT-O-MEAL, chocolate, dry	375.00	33.00
16129	Tofu, fried	372.00	60.00
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	370.00	30.00
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	370.00	89.00
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	370.00	89.00
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	370.00	30.00
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	370.00	59.00
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	370.00	30.00
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	370.00	30.00
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	370.00	59.00
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	370.00	59.00
25051	Snacks, CLIF BAR, mixed flavors	368.00	147.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	367.00	31.00
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	366.00	90.00
35196	Lambsquarters, raw (Northern Plains Indians)	366.00	163.00
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	364.00	385.00
16128	Tofu, dried-frozen (koyadofu)	364.00	59.00
11974	Grape leaves, raw	363.00	95.00
16121	Soy protein concentrate, produced by alcohol extraction	363.00	315.00
16420	Soy protein concentrate, produced by acid wash	363.00	140.00
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	361.00	86.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	361.00	86.00
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	360.00	161.00
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	359.00	--
08074	Cereals ready-to-eat, RALSTON TASTEEOS	357.00	143.00
08106	Cereals, CREAM OF WHEAT, instant, dry	357.00	34.00
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	357.00	57.00
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	357.00	29.00
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	357.00	57.00
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	357.00	57.00
18951	Waffles, chocolate chip, frozen, ready-to-heat	357.00	16.00
19434	Cheese puffs and twists, corn based, baked, low fat	357.00	41.00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	357.00	15.00
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	357.00	18.00
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	357.00	18.00
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	357.00	18.00
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	357.00	16.00
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	355.00	104.00
01186	Cheese, cream, fat free	351.00	22.00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	351.00	98.00
08122	Cereals, oats, instant, fortified, plain, dry	351.00	128.00
36008	T.G.I. FRIDAY'S, fried mozzarella	351.00	23.00
20025	Cornmeal, yellow, self-rising, degermed, enriched	350.00	49.00
20325	Cornmeal, white, self-rising, degermed, enriched	350.00	49.00
16427	Tofu, raw, regular, prepared with calcium sulfate	350.00	30.00
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	349.00	91.00
35197	Lambsquarters, steamed (Northern Plains Indians)	349.00	164.00
16055	Carob flour	348.00	54.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
12195	Nuts, almond butter, plain, without salt added	347.00	279.00
12695	Nuts, almond butter, plain, with salt added	347.00	279.00
28046	KEEBLER, ANIMALS, Crackers	345.00	13.00
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	345.00	55.00
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	345.00	55.00
16160	Tofu, hard, prepared with nigari	345.00	53.00
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	344.00	28.00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	343.00	36.00
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	343.00	36.00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	342.00	31.00
20082	Wheat flour, white, all-purpose, self-rising, enriched	338.00	19.00
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	338.00	38.00
36012	Restaurant, family style, fried mozzarella sticks	334.00	21.00
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	333.00	69.00
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	333.00	71.00
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	333.00	28.00
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	333.00	71.00
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	333.00	27.00
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	333.00	53.00
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	333.00	80.00
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	333.00	27.00
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	333.00	80.00
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	333.00	27.00
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	333.00	67.00
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	333.00	92.00
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	333.00	27.00
36611	DENNY'S, mozzarella cheese sticks	331.00	21.00
03938	Infant formula, PBM PRODUCTS, store brand, powder	331.00	36.00
02009	Spices, chili powder	330.00	149.00
32016	Macaroni or noodles with cheese, microwaveable, unprepared	328.00	49.00
01144	Egg substitute, powder	326.00	65.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	325.00	36.00
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	323.00	26.00
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	323.00	26.00
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	323.00	52.00
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	323.00	103.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	323.00	26.00
36004	APPLEBEE'S, mozzarella sticks	319.00	20.00
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	318.00	15.00
02063	Rosemary, fresh	317.00	91.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	315.00	16.00
36050	Restaurant, Mexican, cheese enchilada	314.00	29.00
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	313.00	25.00
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	313.00	25.00
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	313.00	24.00
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	313.00	116.00
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	313.00	50.00
01164	Cheese sauce, prepared from recipe	311.00	19.00
11384	Potatoes, au gratin, dry mix, unprepared	311.00	64.00
18365	Waffles, plain, frozen, ready-to-heat	308.00	23.00
18403	Waffles, plain, frozen, ready -to-heat, toasted	307.00	24.00
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	307.00	84.00
06626	Sauce, pesto, ready-to-serve, refrigerated	306.00	47.00
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	306.00	47.00
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	303.00	24.00
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	303.00	48.00
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	303.00	24.00
19071	Candies, carob, unsweetened	303.00	36.00
28389	PEPPERIDGE FARM, White Bread	301.00	--
28101	KEEBLER, Cinnamon Toast Grahams	300.00	53.00
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	299.00	22.00
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	299.00	54.00
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	299.00	54.00
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	299.00	692.00
01157	Cheese, goat, semisoft type	298.00	29.00
14311	Beverages, Malted drink mix, natural, powder, dairy based.	298.00	93.00
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	297.00	92.00
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	296.00	59.00
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	294.00	28.00
42281	Gums, seed gums (includes locust bean, guar)	294.00	0.00
18361	Toaster pastries, brown-sugar-cinnamon	293.00	18.00
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	293.00	13.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
28008	KELLOGG'S, EGGO, Waffles, Strawberry Strudel	293.00	13.00
36049	ON THE BORDER, cheese enchilada	293.00	30.00
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	292.00	24.00
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	291.00	45.00
12065	Nuts, almonds, oil roasted, without salt added	291.00	274.00
12565	Nuts, almonds, oil roasted, with salt added	291.00	274.00
12665	Nuts, almonds, oil roasted, lightly salted	291.00	274.00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	290.00	27.00
01137	Egg, yolk, dried	289.00	26.00
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	289.00	35.00
11975	Grape leaves, canned	289.00	14.00
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	289.00	--
18267	English muffins, whole-wheat, toasted	288.00	77.00
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	288.00	24.00
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	288.00	31.00
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	286.00	107.00
08116	Cereals, MALT-O-MEAL, original, plain, dry	286.00	16.00
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	286.00	29.00
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	286.00	--
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	286.00	62.00
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	285.00	69.00
16118	Soy flour, low-fat	285.00	--
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	285.00	228.00
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	284.00	24.00
01095	Milk, canned, condensed, sweetened	284.00	26.00
15260	Fish, salmon, pink, canned, drained solids	283.00	32.00
16159	Tofu, extra firm, prepared with nigari	282.00	35.00
01093	Milk, dry, nonfat, calcium reduced	280.00	60.00
06123	Gravy, onion, dry, mix	280.00	34.00
11237	Kanpyo, (dried gourd strips)	280.00	125.00
18932	Waffles, buttermilk, frozen, ready-to-heat	279.00	19.00
18270	Hush puppies, prepared from recipe	278.00	24.00
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	278.00	24.00
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	278.00	91.00
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	277.00	92.00
16108	Soybeans, mature seeds, raw	277.00	280.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	276.00	23.00
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	275.00	27.00
11984	Epazote, raw	275.00	121.00
15012	Fish, caviar, black and red, granular	275.00	300.00
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	272.00	15.00
01037	Cheese, ricotta, part skim milk	272.00	15.00
14024	Beverages, Whiskey sour mix, powder	272.00	19.00
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	272.00	--
14224	Beverages, coffee, instant, mocha, sweetened	271.00	68.00
21488	Fast foods, quesadilla, with chicken	269.00	25.00
12061	Nuts, almonds	269.00	270.00
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	268.00	116.00
12063	Nuts, almonds, dry roasted, without salt added	268.00	279.00
12563	Nuts, almonds, dry roasted, with salt added	268.00	279.00
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	267.00	24.00
07939	Frankfurter, pork	267.00	15.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	267.00	30.00
02024	Spices, mustard seed, ground	266.00	370.00
18266	English muffins, whole-wheat	265.00	71.00
02032	Spices, pepper, white	265.00	90.00
12206	Nuts, almonds, honey roasted, unblanched	263.00	240.00
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	261.00	24.00
01153	Milk, canned, evaporated, with added vitamin A	261.00	24.00
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	261.00	24.00
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	259.00	23.00
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	258.00	90.00
11245	Lambsquarters, cooked, boiled, drained, without salt	258.00	23.00
11794	Lambsquarters, cooked, boiled, drained, with salt	258.00	23.00
11284	Onions, dehydrated flakes	257.00	92.00
18230	Crackers, standard snack-type, sandwich, with cheese filling	257.00	36.00
14033	Beverages, ABBOTT, EAS whey protein powder	256.00	181.00
18367	Waffles, plain, prepared from recipe	255.00	19.00
12220	Seeds, flaxseed	255.00	392.00
02022	Spices, mace, ground	252.00	163.00
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	252.00	22.00
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	252.00	29.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
01225	Dulce de Leche	251.00	22.00
19093	Candies, SYMPHONY Milk Chocolate Bar	251.00	--
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	250.00	46.00
25045	Formulated bar, high fiber, chewy, oats and chocolate	250.00	190.00
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	249.00	25.00
15080	Fish, salmon, chum, canned, drained solids with bone	249.00	30.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	249.00	30.00
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	246.00	103.00
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	246.00	--
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	246.00	149.00
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	245.00	119.00
28295	Tortillas, ready-to-bake or -fry, whole wheat	244.00	85.00
01133	Egg, whole, dried	244.00	34.00
16119	Soy meal, defatted, raw	244.00	306.00
02064	Peppermint, fresh	243.00	80.00
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	243.00	87.00
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	243.00	117.00
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	242.00	168.00
15048	Fish, mackerel, jack, canned, drained solids	241.00	37.00
16117	Soy flour, defatted	241.00	290.00
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	241.00	32.00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	240.00	34.00
16049	Beans, white, mature seeds, raw	240.00	190.00
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	239.00	29.00
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	239.00	--
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	238.00	22.00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	238.00	22.00
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	238.00	22.00
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	238.00	52.00
28345	Crackers, gluten-free, multi-seeded and multigrain	238.00	164.00
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	237.00	--
12062	Nuts, almonds, blanched	236.00	268.00
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	236.00	25.00
18016	Biscuits, plain or buttermilk, prepared from recipe	235.00	18.00
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	235.00	27.00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	235.00	82.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	234.00	92.00
14083	Beverages, chocolate malt, powder, prepared with fat free milk	234.00	20.00
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	234.00	25.00
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	233.00	28.00
28321	Rolls, hamburger, whole grain white, calcium-fortified	233.00	38.00
11161	Collards, raw	232.00	27.00
15002	Fish, anchovy, european, canned in oil, drained solids	232.00	69.00
15087	Fish, salmon, sockeye, canned, drained solids	232.00	31.00
28015	KELLOGG'S, EGGO, Waffles, Homestyle	232.00	17.00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	231.00	27.00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	231.00	17.00
06122	Gravy, mushroom, dry, powder	230.00	34.00
02028	Spices, paprika	229.00	178.00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	229.00	99.00
19169	Egg custards, dry mix	228.00	45.00
21505	Pizza, cheese topping, thin crust, frozen, cooked	228.00	24.00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	228.00	79.00
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	226.00	88.00
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	226.00	26.00
19132	Candies, milk chocolate, with almonds	224.00	90.00
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	224.00	27.00
21358	MCDONALD'S, Sausage McMUFFIN	224.00	21.00
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	223.00	37.00
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	223.00	11.00
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	223.00	198.00
01134	Egg, whole, dried, stabilized, glucose reduced	222.00	49.00
18225	Crackers, rye, sandwich-type with cheese filling	222.00	37.00
28014	KELLOGG'S, EGGO, Waffles, French Toast	222.00	15.00
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	222.00	28.00
03685	Babyfood, cereal, mixed, prepared with whole milk	220.00	20.00
03689	Babyfood, cereal, oatmeal, prepared with whole milk	220.00	35.00
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	220.00	89.00
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	219.00	29.00
18293	Pancakes, plain, prepared from recipe	219.00	16.00
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	218.00	51.00
03682	Babyfood, cereal, high protein, prepared with whole milk	218.00	48.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
07033	Ham and cheese spread	217.00	18.00
16113	Natto	217.00	115.00
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	217.00	13.00
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	217.00	18.00
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	216.00	25.00
18292	Pancakes, plain, dry mix, incomplete, prepared	215.00	22.00
36416	Restaurant, Latino, bunuelos (fried yeast bread)	215.00	19.00
09311	Roselle, raw	215.00	51.00
11003	Amaranth leaves, raw	215.00	55.00
15084	Fish, salmon, pink, canned, total can contents	215.00	30.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	213.00	85.00
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	213.00	34.00
18251	Doughnuts, cake-type, chocolate, sugared or glazed	213.00	34.00
18261	English muffins, mixed-grain, toasted (includes granola)	213.00	48.00
19075	Candies, CARAMELLO Candy Bar	213.00	--
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	213.00	25.00
11683	Carrot, dehydrated	212.00	118.00
18144	Cake, yellow, enriched, dry mix	211.00	10.00
36042	OLIVE GARDEN, lasagna classico	211.00	22.00
11232	Jute, potherb, cooked, boiled, drained, without salt	211.00	62.00
11789	Jute, potherb, cooked, boiled, drained, with salt	211.00	62.00
21020	Fast foods, english muffin, with cheese and sausage	210.00	21.00
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	210.00	22.00
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	210.00	22.00
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	210.00	28.00
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	210.00	114.00
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	210.00	30.00
11274	Mustard spinach, (tendergreen), raw	210.00	11.00
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	210.00	30.00
11004	Amaranth leaves, cooked, boiled, drained, without salt	209.00	55.00
11700	Amaranth leaves, cooked, boiled, drained, with salt	209.00	55.00
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	209.00	22.00
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	209.00	24.00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	209.00	28.00
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	209.00	8.00
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	208.00	21.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	208.00	18.00
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	208.00	7.00
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	208.00	7.00
02045	Dill weed, fresh	208.00	55.00
11231	Jute, potherb, raw	208.00	64.00
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	207.00	48.00
01036	Cheese, ricotta, whole milk	207.00	11.00
18294	Pancakes, blueberry, prepared from recipe	206.00	16.00
16115	Soy flour, full-fat, raw	206.00	429.00
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	205.00	57.00
11622	Kale, scotch, raw	205.00	88.00
18126	Cake, shortcake, biscuit-type, prepared from recipe	205.00	16.00
19079	Candies, confectioner's coating, yogurt	205.00	18.00
19304	Molasses	205.00	242.00
20086	Wheat flour, white, tortilla mix, enriched	205.00	21.00
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	205.00	--
18233	Crackers, wheat, sandwich, with cheese filling	204.00	54.00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	204.00	11.00
16106	Meat extender	204.00	216.00
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	203.00	--
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	202.00	43.00
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	202.00	51.00
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	202.00	35.00
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	201.00	27.00
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	201.00	115.00
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	201.00	115.00
11163	Collards, frozen, chopped, unprepared	201.00	29.00
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	201.00	37.00
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	200.00	64.00
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	200.00	17.00
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	200.00	--
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	200.00	--
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	200.00	80.00
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	200.00	12.00
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	200.00	8.00
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	200.00	10.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	200.00	--
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	200.00	8.00
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	200.00	7.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	199.00	19.00
02065	Spearmint, fresh	199.00	63.00
19087	Candies, white chocolate	199.00	12.00
15253	Salmon, sockeye, canned, total can contents	198.00	30.00
28313	Rolls, hamburger or hot dog, whole wheat	198.00	81.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	197.00	28.00
18935	Waffle, plain, frozen, ready-to-heat, microwave	197.00	25.00
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	197.00	95.00
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	197.00	22.00
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	197.00	18.00
36041	Restaurant, Italian, lasagna with meat	197.00	22.00
11450	Soybeans, green, raw	197.00	65.00
14091	Beverages, almond milk, unsweetened, shelf stable	197.00	7.00
07960	Bologna, chicken, pork	196.00	16.00
18260	English muffins, mixed-grain (includes granola)	196.00	41.00
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	196.00	25.00
22962	LEAN POCKETS, Ham N Cheddar	196.00	21.00
22963	Lean Pockets, Meatballs & Mozzarella	196.00	23.00
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	196.00	47.00
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	195.00	104.00
16030	Beans, kidney, california red, mature seeds, raw	195.00	160.00
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	194.00	14.00
09309	Rhubarb, frozen, uncooked	194.00	18.00
18265	English muffins, wheat, toasted	193.00	42.00
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	193.00	24.00
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	193.00	40.00
01109	Milk, sheep, fluid	193.00	18.00
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	192.00	23.00
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	192.00	--
21011	Fast foods, croissant, with egg and cheese	192.00	17.00
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	192.00	20.00
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	192.00	49.00
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	192.00	21.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21357	McDONALD'S, Egg McMUFFIN	192.00	20.00
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	192.00	27.00
21501	KASHI Pizza, Margherita, frozen, unprepared	192.00	--
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	192.00	77.00
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	191.00	--
06081	Soup, chicken broth cubes, dry	190.00	56.00
09110	Goji berries, dried	190.00	--
11568	Turnip greens, raw	190.00	31.00
18112	Cake, pudding-type, german chocolate, dry mix	189.00	22.00
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	189.00	16.00
19120	Candies, milk chocolate	189.00	63.00
18971	Bread, potato	188.00	28.00
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	188.00	24.00
43299	Soybean, curd cheese	188.00	228.00
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	188.00	7.00
14054	Beverages, almond milk, chocolate, ready-to-drink	188.00	12.00
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	188.00	10.00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	188.00	0.00
16116	Soy flour, full-fat, roasted	188.00	369.00
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	188.00	--
05303	Poultry, mechanically deboned, from mature hens, raw	187.00	12.00
06080	Soup, chicken broth or bouillon, dry	187.00	56.00
06981	Soup, bouillon cubes and granules, low sodium, dry	187.00	56.00
11207	Dandelion greens, raw	187.00	36.00
19134	Candies, milk chocolate, with rice cereal	187.00	62.00
16022	Beans, french, mature seeds, raw	186.00	188.00
18011	Biscuits, plain or buttermilk, dry mix, prepared	185.00	25.00
36043	CARRABBA'S ITALIAN GRILL, lasagne	185.00	24.00
11222	Drumstick leaves, raw	185.00	42.00
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	184.00	26.00
35234	Piki bread, made from blue cornmeal (Hopi)	184.00	181.00
01006	Cheese, brie	184.00	20.00
01244	Milk dessert bar, frozen, made from lowfat milk	184.00	20.00
02025	Spices, nutmeg, ground	184.00	183.00
06930	Sauce, cheese, ready-to-serve	184.00	9.00
16210	Vitasoy USA, Nasoya Lite Firm Tofu	184.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	183.00	17.00
11640	Shallots, freeze-dried	183.00	104.00
18079	Bread crumbs, dry, grated, plain	183.00	43.00
18964	Cinnamon buns, frosted (includes honey buns)	183.00	14.00
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	183.00	38.00
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	183.00	22.00
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	183.00	22.00
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	182.00	58.00
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	182.00	58.00
18376	Bread crumbs, dry, grated, seasoned	182.00	46.00
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	182.00	--
11215	Garlic, raw	181.00	25.00
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	181.00	22.00
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	180.00	--
20142	Teff, uncooked	180.00	184.00
21092	Fast foods, cheeseburger; double, regular patty; plain	180.00	21.00
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	180.00	13.00
28368	SCHAR, Gluten-Free, Classic White Rolls	180.00	13.00
35198	Prickly pears, raw (Northern Plains Indians)	180.00	69.00
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	180.00	60.00
16277	Vitasoy USA Azumaya, Firm Tofu	180.00	--
18010	Biscuits, plain or buttermilk, dry mix	179.00	25.00
21224	Pizza, cheese topping, regular crust, frozen, cooked	179.00	23.00
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	179.00	23.00
21398	Fast foods, cheeseburger; single, large patty; with condiments	179.00	26.00
14067	Beverages, Protein powder soy based	178.00	64.00
16122	Soy protein isolate	178.00	39.00
16422	Soy protein isolate, potassium type	178.00	39.00
18264	English muffins, wheat	178.00	37.00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	178.00	26.00
21344	McDONALD'S, Double Cheeseburger	178.00	21.00
02044	Basil, fresh	177.00	64.00
21225	Pizza, cheese topping, rising crust, frozen, cooked	177.00	26.00
18347	Rolls, dinner, wheat	176.00	36.00
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	176.00	28.00
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	176.00	29.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21158	Fast foods, submarine sandwich, meatball marinara on white bread	176.00	29.00
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	176.00	--
02019	Spices, fenugreek seed	176.00	191.00
11625	Parsley, freeze-dried	176.00	372.00
16076	Lupins, mature seeds, raw	176.00	198.00
16251	SILK Vanilla soy yogurt (single serving size)	176.00	--
16253	SILK Strawberry soy yogurt	176.00	--
16254	SILK Raspberry soy yogurt	176.00	--
16255	SILK Peach soy yogurt	176.00	--
16256	SILK Black Cherry soy yogurt	176.00	--
16257	SILK Blueberry soy yogurt	176.00	--
16258	SILK Key Lime soy yogurt	176.00	--
16259	SILK Banana-Strawberry soy yogurt	176.00	--
16276	Vitasoy USA Azumaya, Extra Firm Tofu	176.00	--
16024	Beans, great northern, mature seeds, raw	175.00	189.00
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	175.00	65.00
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	174.00	21.00
21101	Fast foods, cheeseburger; triple, regular patty; plain	174.00	21.00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	174.00	32.00
43364	Snacks, tortilla chips, unsalted, white corn	174.00	146.00
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	174.00	--
06627	Sauce, pesto, ready-to-serve, shelf stable	173.00	45.00
16045	Beans, small white, mature seeds, raw	173.00	183.00
43241	Cereals ready-to-eat, FAMILIA	173.00	317.00
18092	Cake, pudding-type, carrot, dry mix	172.00	8.00
18148	Cheesecake prepared from mix, no-bake type	172.00	19.00
18223	Crackers, milk	172.00	22.00
21359	McDONALD'S, Sausage McMUFFIN with Egg	172.00	18.00
06969	Potato soup, instant, dry mix	172.00	62.00
12071	Nuts, almond paste	172.00	130.00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	171.00	20.00
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	171.00	20.00
25025	Snacks, soy chips or crisps, salted	171.00	170.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	171.00	16.00
01210	Egg Mix, USDA Commodity	171.00	11.00
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	171.00	16.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	171.00	16.00
18234	Crackers, wheat, sandwich, with peanut butter filling	170.00	38.00
19418	Snacks, sesame sticks, wheat-based, salted	170.00	45.00
19820	Snacks, sesame sticks, wheat-based, unsalted	170.00	45.00
19279	Candies, milk chocolate coated coffee beans	169.00	64.00
19875	Ice creams, BREYERS, All Natural Light Vanilla	169.00	--
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	169.00	23.00
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	169.00	20.00
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	169.00	23.00
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	169.00	20.00
35203	Rose Hips, wild (Northern Plains Indians)	169.00	69.00
01108	Milk, indian buffalo, fluid	169.00	31.00
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	169.00	16.00
02043	Spices, turmeric, ground	168.00	208.00
03694	Babyfood, cereal, rice, prepared with whole milk	168.00	25.00
11445	Seaweed, kelp, raw	168.00	121.00
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	168.00	--
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	168.00	72.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	168.00	17.00
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	168.00	23.00
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	168.00	27.00
21233	McDONALD'S, Cheeseburger	167.00	20.00
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	167.00	24.00
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	167.00	24.00
28308	Crackers, standard snack-type, with whole wheat	167.00	47.00
19220	Desserts, rennin, chocolate, dry mix	166.00	81.00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	166.00	24.00
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	166.00	24.00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	166.00	24.00
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	166.00	40.00
16047	Beans, yellow, mature seeds, raw	166.00	222.00
11658	Spinach souffle	165.00	30.00
16242	SILK Plus for Bone Health, soymilk	165.00	16.00
18065	Bread, wheat, toasted	165.00	59.00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	164.00	20.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	164.00	20.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11963	Nopales, raw	164.00	52.00
11964	Nopales, cooked, without salt	164.00	47.00
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	164.00	10.00
18055	Bread, reduced-calorie, wheat	163.00	43.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	163.00	24.00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	163.00	21.00
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	163.00	9.00
07973	Turkey bacon, microwaved	163.00	30.00
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	163.00	109.00
12013	Seeds, lotus seeds, dried	163.00	210.00
03681	Babyfood, cereal, barley, prepared with whole milk	162.00	18.00
09094	Figs, dried, uncooked	162.00	68.00
17209	Lamb, variety meats and by-products, mechanically separated, raw	162.00	18.00
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	161.00	--
09216	Orange peel, raw	161.00	22.00
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	161.00	45.00
18075	Bread, whole-wheat, commercially prepared	161.00	75.00
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	161.00	--
19088	Ice creams, vanilla, light	161.00	14.00
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	161.00	28.00
11959	Arugula, raw	160.00	47.00
12078	Nuts, brazilnuts, dried, unblanched	160.00	376.00
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	160.00	24.00
15018	Fish, cod, Atlantic, dried and salted	160.00	133.00
16016	Beans, black turtle, mature seeds, raw	160.00	--
18448	Taco shells, baked, without added salt	160.00	105.00
18977	KASHI, TLC, Toasted Asiago Crackers	160.00	57.00
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	160.00	11.00
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	160.00	--
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	160.00	--
19114	Ice creams, chocolate, light	159.00	20.00
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	159.00	97.00
19433	Tortilla chips, low fat, baked without fat	159.00	97.00
19833	Snacks, tortilla chips, low fat, unsalted	159.00	97.00
20001	Amaranth grain, uncooked	159.00	248.00
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	159.00	12.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	159.00	40.00
43566	Snacks, tortilla chips, light (baked with less oil)	159.00	97.00
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	159.00	40.00
11988	Fungi, Cloud ears, dried	159.00	83.00
12170	Seeds, sesame flour, high-fat	159.00	361.00
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	158.00	7.00
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	158.00	7.00
19110	Candies, KRACKEL Chocolate Bar	158.00	13.00
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	158.00	--
19893	Ice creams, BREYERS, All Natural Light French Chocolate	158.00	--
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	158.00	24.00
28324	Pancakes, whole wheat, dry mix, incomplete	158.00	84.00
18390	Pancakes, buttermilk, prepared from recipe	157.00	15.00
19096	Ice creams, vanilla, light, soft-serve	157.00	14.00
19138	Candies, truffles, prepared-from-recipe	157.00	48.00
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	157.00	27.00
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	157.00	31.00
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	156.00	20.00
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	156.00	12.00
18453	Cake, yellow, light, dry mix	155.00	10.00
19063	Snacks, tortilla chips, taco-flavor	155.00	88.00
19876	Ice creams, BREYERS, All Natural Light French Vanilla	155.00	--
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	155.00	27.00
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	155.00	23.00
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	155.00	41.00
28050	KEEBLER, Club & Cheddar Sandwich Crackers	155.00	12.00
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	155.00	116.00
18621	NABISCO, NABISCO RITZ Crackers	154.00	19.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	154.00	22.00
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	154.00	22.00
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	154.00	24.00
42131	Milk dessert, frozen, milk-fat free, chocolate	154.00	45.00
18087	Cake, angelfood, dry mix	153.00	11.00
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	153.00	22.00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	153.00	22.00
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	153.00	24.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
28394	PEPPERIDGE FARM, Hamburger Bun	153.00	--
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	153.00	18.00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	153.00	18.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	153.00	82.00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	153.00	82.00
12034	Seeds, sesame meal, partially defatted	153.00	346.00
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	152.00	15.00
01203	Yogurt, fruit, lowfat, with low calorie sweetener	152.00	16.00
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	152.00	15.00
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	152.00	15.00
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	152.00	16.00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	152.00	26.00
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	152.00	26.00
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	152.00	25.00
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	152.00	23.00
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	152.00	18.00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	152.00	18.00
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	152.00	21.00
43261	Yogurt, fruit variety, nonfat	152.00	15.00
18434	Crackers, cheese, low sodium	151.00	36.00
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	151.00	10.00
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	151.00	--
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	151.00	10.00
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	151.00	--
11223	Drumstick leaves, cooked, boiled, drained, without salt	151.00	34.00
11786	Drumstick leaves, cooked, boiled, drained, with salt	151.00	34.00
19355	Syrups, sorghum	150.00	100.00
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	150.00	50.00
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	150.00	21.00
21395	Fast foods, cheeseburger; double, regular patty; with condiments	150.00	21.00
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	150.00	23.00
22902	Pizza, meat topping, thick crust, frozen, cooked	150.00	25.00
22956	Lasagna, Vegetable, frozen, baked	150.00	21.00
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	150.00	10.00
06127	Gravy, unspecified type, dry	150.00	45.00
11233	Kale, raw	150.00	47.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11669	Seaweed, wakame, raw	150.00	107.00
12032	Seeds, sesame flour, partially defatted	150.00	362.00
16078	Mothbeans, mature seeds, raw	150.00	381.00
19867	Ice creams, vanilla, fat free	149.00	21.00
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	149.00	24.00
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	149.00	34.00
11526	Taro, tahitian, cooked, without salt	149.00	51.00
11881	Taro, tahitian, cooked, with salt	149.00	51.00
12033	Seeds, sesame flour, low-fat	149.00	338.00
12121	Nuts, hazelnuts or filberts, blanched	149.00	160.00
16281	HOUSE FOODS Premium Firm Tofu	149.00	--
02031	Spices, pepper, red or cayenne	148.00	152.00
07025	Frankfurter, turkey	148.00	14.00
18107	Coffeecake, cinnamon with crumb topping, dry mix	148.00	19.00
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	148.00	23.00
43274	Cheese, cream, low fat	148.00	8.00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	147.00	9.00
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	147.00	10.00
15001	Fish, anchovy, european, raw	147.00	41.00
16037	Beans, navy, mature seeds, raw	147.00	175.00
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	147.00	--
19393	Frozen yogurts, chocolate, soft-serve	147.00	27.00
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	147.00	82.00
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	147.00	39.00
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	147.00	22.00
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	147.00	15.00
28280	SUNSHINE, CHEEZ-IT, Original Crackers	147.00	15.00
43218	Cereals ready-to-eat, ALPEN	147.00	94.00
18146	Cake, yellow, prepared from recipe without frosting	146.00	12.00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	146.00	22.00
19205	Egg custards, dry mix, prepared with 2% milk	146.00	17.00
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	146.00	22.00
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	146.00	49.00
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	146.00	17.00
01111	Milk shakes, thick vanilla	146.00	12.00
06120	Gravy, chicken, dry	146.00	40.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
06126	Gravy, turkey, dry	146.00	44.00
09127	Grapefruit juice, pink or red, with added calcium	146.00	12.00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	146.00	11.00
19152	Candies, ROLO Caramels in Milk Chocolate	145.00	0.00
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	145.00	34.00
36040	CRACKER BARREL, macaroni n' cheese	145.00	17.00
05304	Turkey, mechanically deboned, from turkey frames, raw	145.00	13.00
09310	Rhubarb, frozen, cooked, with sugar	145.00	12.00
11451	Soybeans, green, cooked, boiled, drained, without salt	145.00	60.00
11853	Soybeans, green, cooked, boiled, drained, with salt	145.00	60.00
12145	Nuts, pilinuts, dried	145.00	302.00
15152	Crustaceans, shrimp, mixed species, canned	145.00	33.00
16241	SILK Plus Omega-3 DHA, soymilk	144.00	16.00
16245	SILK Very Vanilla, soymilk	144.00	16.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	144.00	23.00
18350	Rolls, hamburger or hotdog, plain	144.00	23.00
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	144.00	13.00
21235	McDONALD'S, QUARTER POUNDER with Cheese	144.00	22.00
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	144.00	24.00
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	143.00	16.00
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	143.00	16.00
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	143.00	15.00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	143.00	13.00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	143.00	13.00
06094	Soup, onion, dry, mix	143.00	60.00
16027	Beans, kidney, all types, mature seeds, raw	143.00	140.00
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	143.00	53.00
19293	Frozen yogurts, vanilla, soft-serve	143.00	14.00
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	143.00	23.00
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	143.00	50.00
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	143.00	51.00
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	143.00	23.00
28024	KELLOGG'S, EGGO, Waffles, Strawberry	143.00	14.00
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	143.00	65.00
42189	Milk, buttermilk, fluid, cultured, reduced fat	143.00	13.00
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	143.00	5.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	142.00	--
21008	Fast foods, biscuit, with ham	142.00	20.00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	142.00	23.00
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	142.00	23.00
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	142.00	30.00
43541	Ice creams, chocolate, rich	142.00	32.00
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	142.00	16.00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	142.00	74.00
16136	Winged beans, mature seeds, cooked, boiled, without salt	142.00	54.00
16436	Winged beans, mature seeds, cooked, boiled, with salt	142.00	54.00
01178	Sour cream, reduced fat	141.00	11.00
01179	Sour cream, light	141.00	10.00
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	141.00	--
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	141.00	9.00
06958	Gravy, instant beef, dry	141.00	41.00
11162	Collards, cooked, boiled, drained, without salt	141.00	21.00
11768	Collards, cooked, boiled, drained, with salt	141.00	21.00
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	141.00	353.00
12698	Seeds, sesame butter, tahini, type of kernels unspecified	141.00	95.00
14203	Beverages, coffee, instant, regular, half the caffeine	141.00	327.00
14214	Beverages, coffee, instant, regular, powder	141.00	327.00
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	141.00	14.00
15204	Fish, pike, walleye, cooked, dry heat	141.00	38.00
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	141.00	--
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	141.00	24.00
25060	Snack, Pretzel, hard chocolate coated	141.00	35.00
43450	Frozen novelties, juice type, juice with cream	141.00	9.00
01159	Cheese, goat, soft type	140.00	16.00
06115	Gravy, au jus, dry	140.00	56.00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	140.00	11.00
09211	Orange juice, chilled, includes from concentrate, with added calcium	140.00	11.00
11208	Dandelion greens, cooked, boiled, drained, without salt	140.00	24.00
11782	Dandelion greens, cooked, boiled, drained, with salt	140.00	24.00
14218	Beverages, coffee, instant, decaffeinated, powder	140.00	311.00
16099	Peanut flour, defatted	140.00	370.00
16111	Soybeans, mature seeds, dry roasted	140.00	228.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16223	Soymilk (All flavors), enhanced	140.00	--
18086	Cake, angelfood, commercially prepared	140.00	12.00
28320	English muffins, whole grain white	140.00	33.00
32024	Rice mix, cheese flavor, dry mix, unprepared	140.00	88.00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	139.00	15.00
06124	Gravy, pork, dry, powder	139.00	34.00
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	139.00	17.00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	139.00	28.00
19170	Egg custards, dry mix, prepared with whole milk	139.00	16.00
21336	McDONALD'S, Hot Fudge Sundae	139.00	19.00
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	139.00	27.00
28390	PEPPERIDGE FARM, Light Style Wheat Bread	139.00	--
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	138.00	13.00
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	138.00	13.00
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	138.00	12.00
11236	Kale, frozen, cooked, boiled, drained, without salt	138.00	18.00
11297	Parsley, fresh	138.00	50.00
11791	Kale, frozen, cooked, boiled, drained, with salt	138.00	18.00
16083	Mungo beans, mature seeds, raw	138.00	267.00
16110	Soybeans, mature seeds, roasted, salted	138.00	145.00
16133	Yardlong beans, mature seeds, raw	138.00	338.00
16410	Soybeans, mature seeds, roasted, no salt added	138.00	145.00
19003	Snacks, corn-based, extruded, chips, plain	138.00	72.00
19074	Candies, caramels	138.00	17.00
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	138.00	2.00
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	138.00	--
20017	Corn flour, masa, enriched, white	138.00	93.00
20019	Corn flour, masa, unenriched, white	138.00	93.00
20317	Corn flour, yellow, masa, enriched	138.00	93.00
21503	KASHI Pizza, Mediterranean, frozen, unprepared	138.00	--
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	138.00	12.00
19057	Snacks, tortilla chips, nacho cheese	137.00	75.00
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	137.00	--
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	137.00	23.00
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	137.00	25.00
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	137.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	137.00	19.00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	137.00	15.00
11569	Turnip greens, cooked, boiled, drained, without salt	137.00	22.00
11891	Turnip greens, cooked, boiled, drained, with salt	137.00	22.00
11235	Kale, frozen, unprepared	136.00	18.00
11458	Spinach, cooked, boiled, drained, without salt	136.00	87.00
11854	Spinach, cooked, boiled, drained, with salt	136.00	87.00
16147	Veggie burgers or soyburgers, unprepared	136.00	56.00
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	136.00	18.00
18214	Crackers, cheese, regular	136.00	25.00
18383	Bread, protein, (includes gluten), toasted	136.00	56.00
18975	KASHI, TLC, Original 7-Grain Crackers	136.00	97.00
19260	Ice creams, vanilla, light, no sugar added	136.00	9.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	136.00	22.00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	136.00	22.00
25038	Snacks, granola bars, soft, almond, confectioners coating	136.00	95.00
32032	Sausage, egg and cheese breakfast biscuit	136.00	16.00
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	135.00	73.00
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	135.00	38.00
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	135.00	17.00
18420	Cake, yellow, unenriched, dry mix	135.00	10.00
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	135.00	17.00
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	135.00	17.00
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	135.00	21.00
19058	Snacks, tortilla chips, ranch-flavor	134.00	87.00
01106	Milk, goat, fluid, with added vitamin D	134.00	14.00
01126	Egg, yolk, raw, frozen, pasteurized	134.00	11.00
01263	Ice cream, light, soft serve, chocolate	134.00	36.00
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	134.00	14.00
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	134.00	10.00
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	134.00	14.00
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	134.00	10.00
06101	Soup, cream of vegetable, dry, powder	134.00	48.00
09156	Lemon peel, raw	134.00	15.00
11634	Peppers, sweet, green, freeze-dried	134.00	188.00
11931	Peppers, sweet, red, freeze-dried	134.00	188.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	133.00	14.00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	133.00	5.00
14192	Beverages, Cocoa mix, powder	133.00	83.00
18097	Cake, pudding-type, chocolate, dry mix	133.00	41.00
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	133.00	14.00
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	133.00	--
01110	Milk shakes, thick chocolate	132.00	16.00
06118	Gravy, brown, dry	132.00	34.00
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	132.00	103.00
11623	Kale, scotch, cooked, boiled, drained, without salt	132.00	57.00
11792	Kale, scotch, cooked, boiled, drained, with salt	132.00	57.00
16080	Mung beans, mature seeds, raw	132.00	189.00
16250	SILK Vanilla soy yogurt (family size)	132.00	--
16252	SILK Plain soy yogurt	132.00	--
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	132.00	--
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	132.00	--
21340	McDONALD'S, Sausage Burrito	132.00	18.00
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	132.00	21.00
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	132.00	18.00
01236	Ice cream, soft serve, chocolate	131.00	12.00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	131.00	8.00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	131.00	346.00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	131.00	346.00
16035	Beans, kidney, royal red, mature seeds, raw	131.00	138.00
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	131.00	77.00
19090	Ice creams, french vanilla, soft-serve	131.00	12.00
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	131.00	77.00
21033	Fast foods, sundae, hot fudge	131.00	21.00
01057	Eggnog	130.00	19.00
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	130.00	275.00
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	130.00	44.00
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	130.00	2.00
16040	Beans, pink, mature seeds, raw	130.00	182.00
16067	Hyacinth beans, mature seeds, raw	130.00	283.00
16100	Peanut flour, low fat	130.00	48.00
16101	Pigeon peas (red gram), mature seeds, raw	130.00	183.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16271	Vitasoy USA Organic Nasoya, Soft Tofu	130.00	--
18076	Bread, whole-wheat, commercially prepared, toasted	130.00	99.00
18139	Cake, white, prepared from recipe without frosting	130.00	12.00
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	130.00	--
35200	Prairie Turnips, raw (Northern Plains Indians)	130.00	63.00
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	130.00	46.00
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	129.00	12.00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	129.00	13.00
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	129.00	23.00
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	129.00	13.00
21339	McDONALD'S, McFLURRY with OREO cookies	129.00	14.00
21413	Light Ice Cream, soft serve, blended with cookie pieces	129.00	14.00
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	129.00	15.00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	129.00	13.00
01125	Egg, yolk, raw, fresh	129.00	5.00
11463	Spinach, frozen, chopped or leaf, unprepared	129.00	75.00
11525	Taro, tahitian, raw	129.00	47.00
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	129.00	209.00
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	128.00	13.00
01060	Milk, filled, fluid, with lauric acid oil	128.00	13.00
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	128.00	14.00
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	128.00	14.00
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	128.00	7.00
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	128.00	7.00
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	128.00	5.00
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	128.00	7.00
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	128.00	6.00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	128.00	52.00
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	128.00	24.00
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	128.00	52.00
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	128.00	24.00
11990	Wasabi, root, raw	128.00	69.00
19095	Ice creams, vanilla	128.00	14.00
19165	Cocoa, dry powder, unsweetened	128.00	499.00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	128.00	99.00
19898	Ice creams, regular, low carbohydrate, vanilla	128.00	14.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21248	WENDY'S, Frosty Dairy Dessert	128.00	20.00
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	128.00	23.00
28303	Crackers, cheese, whole grain	128.00	68.00
03269	Babyfood, juice, apple, with calcium	127.00	6.00
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	127.00	38.00
11461	Spinach, canned, regular pack, drained solids	127.00	76.00
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	127.00	42.00
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	127.00	42.00
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	127.00	19.00
16019	Beans, cranberry (roman), mature seeds, raw	127.00	156.00
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	127.00	16.00
21228	McDONALD'S, Hamburger	127.00	21.00
21335	McDONALD'S, Hot Caramel Sundae	127.00	12.00
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	127.00	25.00
18290	Pancakes, plain, dry mix, complete, prepared	126.00	20.00
18974	KASHI, TLC, Honey Sesame Crackers	126.00	24.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	126.00	47.00
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	126.00	--
21003	Fast foods, biscuit, with egg and bacon	126.00	16.00
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	126.00	89.00
06165	Sauce, homemade, white, thin	126.00	15.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	126.00	8.00
11191	Cowpeas (blackeyes), immature seeds, raw	126.00	51.00
16168	Soymilk, chocolate, with added calcium, vitamins A and D	126.00	15.00
18064	Bread, wheat	125.00	41.00
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	125.00	20.00
19109	Candies, KIT KAT Wafer Bar	125.00	37.00
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	125.00	--
32012	Pizza rolls, frozen, unprepared	125.00	20.00
42283	Snacks, potato chips, white, restructured, baked	125.00	43.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	125.00	11.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	125.00	11.00
01180	Sour cream, fat free	125.00	10.00
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	125.00	7.00
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	125.00	0.00
07971	Bologna, meat and poultry	125.00	15.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	125.00	8.00
16213	Vitasoy USA, Organic Nasoya Firm Tofu	125.00	--
01127	Egg, yolk, raw, frozen, sugared, pasteurized	124.00	10.00
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	124.00	113.00
11986	Malabar spinach, cooked	124.00	48.00
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	124.00	16.00
18043	Bread, protein (includes gluten)	124.00	65.00
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	124.00	14.00
21061	Fast foods, burrito, with beans and cheese	124.00	34.00
21264	TACO BELL, Bean Burrito	124.00	34.00
21350	MCDONALD'S, BIG MAC (without Big Mac Sauce)	124.00	21.00
28322	Bagels, multigrain	124.00	85.00
43447	Snacks, corn-based, extruded, chips, unsalted	124.00	70.00
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	123.00	14.00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	123.00	13.00
07011	Bologna, turkey	123.00	16.00
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	123.00	173.00
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	123.00	15.00
16014	Beans, black, mature seeds, raw	123.00	171.00
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	123.00	15.00
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	123.00	10.00
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	123.00	15.00
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	123.00	15.00
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	123.00	13.00
16235	SILK Plain, soymilk	123.00	16.00
16236	SILK Vanilla, soymilk	123.00	16.00
16237	SILK Chocolate, soymilk	123.00	16.00
16238	SILK Light Plain, soymilk	123.00	16.00
16239	SILK Light Vanilla, soymilk	123.00	16.00
16240	SILK Light Chocolate, soymilk	123.00	16.00
16243	SILK Plus Fiber, soymilk	123.00	16.00
16244	SILK Unsweetened, soymilk	123.00	16.00
16247	SILK Chai, soymilk	123.00	0.00
16248	SILK Mocha, soymilk	123.00	0.00
16249	SILK Coffee, soymilk	123.00	0.00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	123.00	23.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	123.00	19.00
21486	Fast foods, taco with beef, cheese and lettuce, soft	123.00	19.00
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	123.00	--
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	123.00	30.00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	122.00	519.00
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	122.00	476.00
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	122.00	--
21032	Fast foods, sundae, caramel	122.00	18.00
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	122.00	24.00
21487	Fast foods, taco with chicken, lettuce and cheese, soft	122.00	24.00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	122.00	11.00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	122.00	11.00
07940	Macaroni and cheese loaf, chicken, pork and beef	122.00	27.00
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	121.00	12.00
19265	Ice creams, chocolate, light, no sugar added	121.00	15.00
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	121.00	--
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	121.00	--
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	121.00	--
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	121.00	23.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	120.00	11.00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	120.00	11.00
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	120.00	14.00
11591	Watercress, raw	120.00	21.00
11667	Seaweed, spirulina, dried	120.00	195.00
18119	Cake, pineapple upside-down, prepared from recipe	120.00	13.00
18229	Crackers, standard snack-type, regular	120.00	18.00
18427	Crackers, standard snack-type, regular, low salt	120.00	27.00
19271	Ice creams, strawberry	120.00	14.00
21106	Fast foods, fish sandwich, with tartar sauce and cheese	120.00	27.00
21232	McDONALD'S, FILET-O-FISH	120.00	27.00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	120.00	23.00
21506	BURGER KING, Double Cheeseburger	120.00	23.00
36055	Restaurant, Italian, cheese ravioli with marinara sauce	120.00	22.00
18070	Bread, white, commercially prepared, toasted	119.00	26.00
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	119.00	25.00
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	119.00	27.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18432	Bread, white, commercially prepared, toasted, low sodium no salt	119.00	26.00
21089	Fast foods, cheeseburger; single, regular patty; plain	119.00	26.00
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	119.00	20.00
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	119.00	0.00
01078	Milk, producer, fluid, 3.7% milkfat	119.00	13.00
01237	Ice cream, bar or stick, chocolate covered	119.00	28.00
08393	Cereals ready-to-eat, KASHI GOLEAN	119.00	101.00
11373	Potatoes, au gratin, home-prepared from recipe using butter	119.00	20.00
11843	Potatoes, au gratin, home-prepared from recipe using margarine	119.00	20.00
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	119.00	16.00
18355	Sweet rolls, cheese	118.00	19.00
19162	Candies, WHATCHAMACALLIT Candy Bar	118.00	28.00
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	118.00	96.00
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	118.00	96.00
43387	Turnip greens, canned, no salt added	118.00	20.00
43476	Tofu yogurt	118.00	40.00
93600	Turtle, green, raw	118.00	20.00
01295	Yogurt, vanilla, non-fat	118.00	16.00
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	118.00	14.00
06166	Sauce, homemade, white, medium	118.00	14.00
07964	Frankfurter, meat and poultry, cooked, grilled	118.00	12.00
11097	Broccoli raab, cooked	118.00	27.00
11271	Mustard greens, cooked, boiled, drained, without salt	118.00	13.00
11570	Turnip greens, canned, solids and liquids	118.00	20.00
11574	Turnip greens, frozen, unprepared	118.00	27.00
11799	Mustard greens, cooked, boiled, drained, with salt	118.00	13.00
14353	Beverages, tea, instant, decaffeinated, unsweetened	118.00	272.00
14366	Beverages, tea, instant, unsweetened, powder	118.00	272.00
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	118.00	11.00
14639	Beverages, rice milk, unsweetened	118.00	11.00
19089	Ice creams, vanilla, rich	117.00	11.00
19222	Desserts, rennin, vanilla, dry mix	117.00	1.00
21012	Fast foods, croissant, with egg, cheese, and bacon	117.00	18.00
21263	TACO BELL, Soft Taco with steak	117.00	21.00
01031	Cheese, neufchatel	117.00	10.00
11086	Beet greens, raw	117.00	70.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11157	Chrysanthemum, garland, raw	117.00	32.00
11698	Chrysanthemum leaves, raw	117.00	32.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	117.00	229.00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	117.00	229.00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	117.00	229.00
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	117.00	17.00
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	117.00	--
18127	Cake, snack cakes, creme-filled, chocolate with frosting	116.00	36.00
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	116.00	--
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	116.00	--
21108	Fast foods, hamburger; single, regular patty; with condiments	116.00	22.00
21237	McDONALD'S, BIG MAC	116.00	20.00
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	116.00	--
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	116.00	63.00
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	116.00	13.00
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	116.00	27.00
01088	Milk, buttermilk, fluid, cultured, lowfat	116.00	11.00
06957	Gravy, brown instant, dry	116.00	32.00
11272	Mustard greens, frozen, unprepared	116.00	15.00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	116.00	35.00
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	116.00	10.00
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	116.00	10.00
18051	Bread, reduced-calorie, oatmeal	115.00	24.00
18142	Cake, pudding-type, yellow, dry mix	115.00	9.00
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	115.00	20.00
21004	Fast foods, biscuit, with egg and ham	115.00	16.00
21130	Fast foods, onion rings, breaded and fried	115.00	19.00
21509	BURGER KING, Onion Rings	115.00	19.00
01230	Milk, buttermilk, fluid, whole	115.00	10.00
01287	Yogurt, Greek, plain, lowfat	115.00	11.00
06211	Soup, cheese, canned, prepared with equal volume milk	115.00	8.00
06959	Gravy, instant turkey, dry	115.00	30.00
11270	Mustard greens, raw	115.00	32.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	115.00	7.00
14347	Shake, fast food, vanilla	115.00	13.00
01105	Milk, chocolate beverage, hot cocoa, homemade	114.00	23.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
02021	Spices, ginger, ground	114.00	214.00
11087	Beet greens, cooked, boiled, drained, without salt	114.00	68.00
11576	Turnip greens and turnips, frozen, unprepared	114.00	18.00
11736	Beet greens, cooked, boiled, drained, with salt	114.00	68.00
12041	Seeds, sunflower seed flour, partially defatted	114.00	346.00
12120	Nuts, hazelnuts or filberts	114.00	163.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	114.00	23.00
21096	Fast foods, cheeseburger; single, large patty; plain	114.00	24.00
22970	Macaroni and cheese, frozen entree	114.00	17.00
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	114.00	26.00
19040	Snacks, popcorn, cheese-flavor	113.00	91.00
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	113.00	16.00
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	113.00	22.00
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	113.00	18.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	113.00	10.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	113.00	10.00
01160	Egg, yolk, raw, frozen, salted, pasteurized	113.00	7.00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	113.00	10.00
11230	Pepeao, dried	113.00	146.00
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	113.00	39.00
14428	Beverages, shake, fast food, strawberry	113.00	13.00
15178	Mollusks, whelk, unspecified, cooked, moist heat	113.00	172.00
16042	Beans, pinto, mature seeds, raw	113.00	176.00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	112.00	21.00
19238	Candies, REESE'S BITES	112.00	63.00
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	112.00	19.00
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	112.00	--
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	112.00	13.00
01015	Cheese, cottage, lowfat, 2% milkfat	111.00	9.00
02037	Spices, saffron	111.00	264.00
06167	Sauce, homemade, white, thick	111.00	14.00
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	111.00	64.00
16114	Tempeh	111.00	81.00
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	111.00	27.00
18036	Bread, multi-grain, toasted (includes whole-grain)	111.00	85.00
18188	Cookies, peanut butter, refrigerated dough, baked	111.00	41.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	111.00	12.00
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	111.00	13.00
19166	Cocoa, dry powder, unsweetened, processed with alkali	111.00	476.00
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	111.00	16.00
22910	Lasagna, cheese, frozen, prepared	111.00	21.00
36056	Restaurant, Mexican, cheese tamales	111.00	30.00
19086	Candies, confectioner's coating, peanut butter	110.00	--
19143	Candies, MR. GOODBAR Chocolate Bar	110.00	47.00
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	110.00	53.00
21334	McDONALD'S, Strawberry Sundae	110.00	11.00
28386	PEPPERIDGE FARM, Pumpernickel Bread	110.00	--
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	110.00	11.00
01250	Nutritional supplement for people with diabetes, liquid	110.00	44.00
01256	Yogurt, Greek, plain, nonfat	110.00	11.00
11618	Eppaw, raw	110.00	32.00
11955	Tomatoes, sun-dried	110.00	194.00
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	110.00	12.00
14632	Beverages, Meal supplement drink, canned, peanut flavor	110.00	16.00
15064	Fish, pike, walleye, raw	110.00	30.00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	110.00	184.00
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	109.00	161.00
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	109.00	13.00
19248	Candies, HERSHEY'S, ALMOND JOY BITES	109.00	38.00
19270	Ice creams, chocolate	109.00	29.00
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	109.00	161.00
19899	Ice creams, regular, low carbohydrate, chocolate	109.00	29.00
19911	Syrup, maple, Canadian	109.00	21.00
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	109.00	21.00
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	109.00	--
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	109.00	12.00
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	109.00	--
28333	Cookies, gluten-free, chocolate wafer	109.00	41.00
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	109.00	41.00
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	109.00	14.00
07051	Olive loaf, pork	109.00	19.00
07058	Pickle and pimiento loaf, pork	109.00	34.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	109.00	121.00
18416	Bread, white, commercially prepared, low sodium, no salt	108.00	24.00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	108.00	67.00
19125	Chocolate-flavored hazelnut spread	108.00	64.00
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	108.00	12.00
21415	POPEYES, biscuit	108.00	13.00
22915	Lasagna with meat & sauce, low-fat, frozen entree	108.00	19.00
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	108.00	6.00
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	108.00	6.00
42139	Granola bar, soft, milk chocolate coated, peanut butter	108.00	67.00
01200	Reddi Wip Fat Free Whipped Topping	108.00	8.00
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	108.00	8.00
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	108.00	6.00
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	108.00	6.00
11096	Broccoli raab, raw	108.00	22.00
01049	Cream, fluid, half and half	107.00	10.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	107.00	15.00
06971	Sauce, worcestershire	107.00	13.00
07963	Frankfurter, meat and poultry, cooked, boiled	107.00	11.00
11520	Taro leaves, raw	107.00	45.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	107.00	109.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	107.00	109.00
18268	French toast, frozen, ready-to-heat	107.00	17.00
19168	Desserts, egg custard, baked, prepared-from-recipe	107.00	11.00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	107.00	19.00
18348	Rolls, dinner, whole-wheat	106.00	85.00
19056	Snacks, tortilla chips, plain, white corn, salted	106.00	84.00
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	106.00	27.00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	106.00	20.00
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	106.00	21.00
21396	Fast foods, cheeseburger; double, large patty; with condiments	106.00	21.00
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	106.00	47.00
28388	PEPPERIDGE FARM, Deli Swirl Bread	106.00	--
36059	Restaurant, Italian, chicken parmesan without pasta	106.00	26.00
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	106.00	11.00
07962	Frankfurter, meat and poultry, unheated	106.00	11.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	106.00	251.00
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	106.00	202.00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	106.00	251.00
15197	Fish, herring, Pacific, cooked, dry heat	106.00	41.00
15230	Mollusks, octopus, common, cooked, moist heat	106.00	60.00
16091	Peanuts, spanish, raw	106.00	188.00
18377	Cookies, oatmeal, prepared from recipe, without raisins	105.00	43.00
19020	Snacks, granola bars, soft, uncoated, plain	105.00	74.00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	105.00	44.00
19208	Puddings, rice, dry mix, prepared with 2% milk	105.00	13.00
19209	Puddings, tapioca, dry mix, prepared with 2% milk	105.00	12.00
21034	Fast foods, sundae, strawberry	105.00	16.00
21463	Yogurt parfait, lowfat, with fruit and granola	105.00	17.00
25062	Snack, Mixed Berry Bar	105.00	91.00
32029	Rice mix, white and wild, flavored, unprepared	105.00	182.00
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	105.00	115.00
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	105.00	76.00
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	105.00	74.00
11116	Cabbage, chinese (pak-choi), raw	105.00	19.00
12151	Nuts, pistachio nuts, raw	105.00	121.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	105.00	33.00
01055	Cream, sour, reduced fat, cultured	104.00	10.00
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	104.00	10.00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	104.00	7.00
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	104.00	19.00
19126	Candies, milk chocolate coated peanuts	104.00	96.00
21141	BURGER KING, Vanilla Shake	104.00	12.00
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	104.00	23.00
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	104.00	5.00
25028	Tortilla chips, yellow, plain, salted	104.00	84.00
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	104.00	15.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	104.00	24.00
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	103.00	66.00
19195	Puddings, rice, dry mix, prepared with whole milk	103.00	13.00
19199	Puddings, tapioca, dry mix, prepared with whole milk	103.00	12.00
21007	Fast foods, biscuit, with egg, cheese, and bacon	103.00	15.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	103.00	18.00
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	103.00	24.00
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	103.00	321.00
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	103.00	16.00
28397	Bread, multi-grain (includes whole-grain)	103.00	78.00
35201	Prairie Turnips, boiled (Northern Plains Indians)	103.00	49.00
01112	Whey, acid, fluid	103.00	10.00
11106	Butterbur, (fuki), raw	103.00	14.00
14222	Beverages, coffee, instant, with chicory	103.00	213.00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	103.00	38.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	103.00	38.00
16052	Broadbeans (fava beans), mature seeds, raw	103.00	192.00
18028	Bread, egg, toasted	102.00	21.00
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	102.00	12.00
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	102.00	69.00
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	102.00	18.00
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	102.00	14.00
19353	Syrups, maple	102.00	21.00
21110	Fast foods, hamburger; double, regular, patty; plain	102.00	20.00
03048	Babyfood, macaroni and cheese, toddler	102.00	9.00
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	102.00	11.00
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	102.00	11.00
15061	Fish, perch, mixed species, cooked, dry heat	102.00	38.00
16109	Soybeans, mature cooked, boiled, without salt	102.00	86.00
16409	Soybeans, mature seeds, cooked, boiled, with salt	102.00	86.00
01054	Cream, whipped, cream topping, pressurized	101.00	11.00
01056	Cream, sour, cultured	101.00	10.00
01089	Milk, low sodium, fluid	101.00	5.00
01258	Egg, white, dried, stabilized, glucose reduced	101.00	82.00
03213	Babyfood, cookies	101.00	49.00
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	101.00	110.00
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	101.00	13.00
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	101.00	13.00
18187	Cookies, peanut butter, refrigerated dough	101.00	37.00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	101.00	17.00
19022	Snacks, granola bars, soft, uncoated, raisin	101.00	72.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
19078	Baking chocolate, unsweetened, squares	101.00	327.00
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	101.00	12.00
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	101.00	11.00
19321	Puddings, banana, dry mix, regular, prepared with whole milk	101.00	10.00
21267	TACO BELL, BURRITO SUPREME with steak	101.00	27.00
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	101.00	24.00
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	101.00	10.00
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	101.00	10.00
43212	Bacon bits, meatless	101.00	95.00
18184	Cookies, oatmeal, prepared from recipe, with raisins	100.00	42.00
18269	French toast, prepared from recipe, made with low fat (2%) milk	100.00	17.00
18360	Taco shells, baked	100.00	83.00
18385	Bread, wheat germ, toasted	100.00	38.00
19119	Candies, NESTLE, CHUNKY Bar	100.00	--
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	100.00	--
19268	Candies, dark chocolate coated coffee beans	100.00	107.00
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	100.00	14.00
19858	Candies, sugar-coated almonds	100.00	137.00
21129	Fast foods, hush puppies	100.00	40.00
42186	Frozen yogurts, chocolate	100.00	25.00
42187	Frozen yogurts, flavors other than chocolate	100.00	10.00
43369	Beverages, Chocolate-flavored drink, whey and milk based	100.00	11.00
07928	Sausage, chicken, beef, pork, skinless, smoked	100.00	14.00
11152	Chicory greens, raw	100.00	30.00
11969	Broccoli, chinese, cooked	100.00	18.00
12160	Seeds, cottonseed kernels, roasted (glandless)	100.00	440.00
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	100.00	--
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	100.00	5.00
16092	Peanuts, spanish, oil-roasted, with salt	100.00	168.00
16392	Peanuts, spanish, oil-roasted, without salt	100.00	168.00
18297	Pancakes, special dietary, dry mix	99.00	47.00
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	99.00	9.00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	99.00	11.00
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	99.00	21.00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	99.00	19.00
01141	Egg, turkey, whole, fresh, raw	99.00	13.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	99.00	10.00
01286	Yogurt, Greek, vanilla, nonfat	99.00	10.00
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	99.00	8.00
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	99.00	8.00
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	99.00	8.00
07949	Frankfurter, meat, heated	99.00	15.00
07950	Frankfurter, meat	99.00	15.00
11457	Spinach, raw	99.00	79.00
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	99.00	--
18199	Cookies, chocolate sandwich, with creme filling, special dietary	98.00	26.00
27052	Dip, salsa con queso, cheese and salsa- medium	98.00	8.00
28393	PEPPERIDGE FARM, White Hoagie Roll	98.00	--
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	98.00	15.00
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	98.00	106.00
12004	Seeds, breadnut tree seeds, raw	98.00	68.00
12155	Nuts, walnuts, english	98.00	158.00
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	98.00	10.00
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	98.00	15.00
15250	Mollusks, conch, baked or broiled	98.00	238.00
01017	Cheese, cream	97.00	9.00
01285	Yogurt, Greek, strawberry, nonfat	97.00	10.00
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	97.00	7.00
08113	Cereals, farina, enriched, cooked with water, without salt	97.00	7.00
08173	Cereals, farina, enriched, cooked with water, with salt	97.00	7.00
11982	Peppers, pasilla, dried	97.00	130.00
16529	WORTHINGTON FriPats, frozen, unprepared	97.00	--
18081	Bread stuffing, bread, dry mix	97.00	40.00
21083	Fast foods, taco salad	97.00	26.00
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	97.00	--
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	97.00	--
32007	Taquitos, frozen, beef and cheese, oven-heated	97.00	24.00
18243	Croutons, seasoned	96.00	42.00
19182	Desserts, mousse, chocolate, prepared-from-recipe	96.00	20.00
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	96.00	--
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	96.00	14.00
21329	MCDONALD'S, Sausage, Egg & Cheese McGRIDDLES	96.00	14.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	96.00	20.00
01199	Cream, half and half, fat free	96.00	16.00
15148	Crustaceans, lobster, northern, cooked, moist heat	96.00	43.00
18351	Rolls, hamburger or hotdog, mixed-grain	95.00	44.00
18353	Rolls, hard (includes kaiser)	95.00	27.00
19193	Puddings, rice, ready-to-eat	95.00	8.00
21013	Fast foods, croissant, with egg, cheese, and ham	95.00	17.00
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	95.00	19.00
21270	TACO BELL, Taco Salad	95.00	27.00
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	95.00	--
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	95.00	32.00
36058	OLIVE GARDEN, chicken parmigiana without pasta	95.00	25.00
43134	Vegetarian fillets	95.00	23.00
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	95.00	206.00
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	95.00	21.00
14035	Beverages, ABBOTT, EAS soy protein powder	95.00	22.00
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	95.00	18.00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	94.00	11.00
07913	Salami, pork, beef, less sodium	94.00	31.00
09194	Olives, ripe, canned (jumbo-super colossal)	94.00	4.00
12005	Seeds, breadnut tree seeds, dried	94.00	115.00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	94.00	18.00
18057	Bread, reduced-calorie, white	94.00	23.00
18114	Cake, gingerbread, dry mix	94.00	21.00
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	94.00	32.00
18327	Pie, pumpkin, prepared from recipe	94.00	19.00
19319	Puddings, banana, dry mix, instant, prepared with whole milk	94.00	9.00
21266	TACO BELL, BURRITO SUPREME with chicken	94.00	28.00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	94.00	20.00
18027	Bread, egg	93.00	19.00
18220	Crackers, melba toast, plain	93.00	59.00
18424	Crackers, melba toast, plain, without salt	93.00	59.00
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	93.00	72.00
21006	Fast foods, biscuit with egg and steak	93.00	17.00
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	93.00	20.00
21251	BURGER KING, Cheeseburger	93.00	24.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	93.00	22.00
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	93.00	20.00
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	93.00	20.00
28306	Bread, chapati or roti, plain, commercially prepared	93.00	62.00
28319	Bagels, whole grain white	93.00	41.00
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	93.00	28.00
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	93.00	19.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	93.00	11.00
11613	Borage, raw	93.00	52.00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	93.00	11.00
18232	Crackers, wheat, regular	92.00	72.00
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	92.00	22.00
21242	WENDY'S, Jr. Hamburger, with cheese	92.00	22.00
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	92.00	--
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	92.00	31.00
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	92.00	19.00
07959	Bologna, chicken, pork, beef	92.00	15.00
11156	Chives, raw	92.00	42.00
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	92.00	10.00
15159	Mollusks, clam, mixed species, cooked, moist heat	92.00	18.00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	92.00	28.00
16087	Peanuts, all types, raw	92.00	168.00
01050	Cream, fluid, light (coffee cream or table cream)	91.00	9.00
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	91.00	7.00
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	91.00	7.00
15140	Crustaceans, crab, blue, cooked, moist heat	91.00	36.00
15141	Crustaceans, crab, blue, canned	91.00	36.00
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	91.00	37.00
18349	Rolls, french	91.00	20.00
19021	Snacks, granola bars, soft, uncoated, peanut butter	91.00	86.00
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	91.00	--
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	91.00	--
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	91.00	--
18102	Cake, white, prepared from recipe with coconut frosting	90.00	12.00
18179	Cookies, oatmeal, commercially prepared, soft-type	90.00	30.00
18206	Cookies, sugar, refrigerated dough, baked	90.00	8.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18328	Pie, vanilla cream, prepared from recipe	90.00	13.00
18972	Bread, cheese	90.00	17.00
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	90.00	--
19340	Sugars, maple	90.00	19.00
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	90.00	--
21014	Fast foods, croissant, with egg, cheese, and sausage	90.00	17.00
21063	Fast foods, burrito, with beans and beef	90.00	25.00
21064	Fast foods, burrito, with beans, cheese, and beef	90.00	23.00
21265	TACO BELL, BURRITO SUPREME with beef	90.00	23.00
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	90.00	17.00
27054	Dip, TOSTITOS, salsa con queso, medium	90.00	7.00
36404	Restaurant, Latino, arroz con leche (rice pudding)	90.00	11.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	90.00	10.00
15163	Mollusks, cuttlefish, mixed species, raw	90.00	30.00
15217	Fish, sucker, white, cooked, dry heat	90.00	38.00
16050	Beans, white, mature seeds, cooked, boiled, without salt	90.00	63.00
16350	Beans, white, mature seeds, cooked, boiled, with salt	90.00	63.00
18927	Crackers, cheese, sandwich-type with cheese filling	89.00	28.00
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	89.00	--
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	89.00	71.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	89.00	32.00
21260	TACO BELL, Original Taco with beef, cheese and lettuce	89.00	32.00
22996	KASHI Three Cheese Penne, frozen, unprepared	89.00	30.00
28239	SUNSHINE, CHEEZ-IT, DuoZ Sharp Cheddar Parmesan Crackers	89.00	16.00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	89.00	14.00
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	89.00	27.00
43020	Salad dressing, blue or roquefort cheese, low calorie	89.00	7.00
01136	Egg, white, dried, powder, stabilized, glucose reduced	89.00	72.00
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	89.00	10.00
03127	Babyfood, vegetables, spinach, creamed, strained	89.00	55.00
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	89.00	5.00
14182	Beverages, chocolate syrup, prepared with whole milk	89.00	18.00
15139	Crustaceans, crab, blue, raw	89.00	34.00
16095	Peanuts, virginia, raw	89.00	171.00
21355	McDONALD'S, McCHICKEN Sandwich	88.00	20.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	88.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	88.00	19.00
22977	Lasagna with meat sauce, frozen, prepared	88.00	20.00
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	88.00	81.00
01187	Yogurt, chocolate, nonfat milk	88.00	40.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	88.00	40.00
01284	Yogurt, Greek, strawberry, lowfat	88.00	10.00
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	88.00	19.00
05335	Chicken, feet, boiled	88.00	5.00
09193	Olives, ripe, canned (small-extra large)	88.00	4.00
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	88.00	--
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	88.00	--
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	87.00	5.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	87.00	127.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	87.00	227.00
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	87.00	127.00
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	87.00	--
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	87.00	--
21202	Fast foods, hamburger, large, single patty, with condiments	87.00	24.00
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	87.00	12.00
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	87.00	22.00
21525	PIZZA HUT, breadstick, parmesan garlic	87.00	22.00
18041	Bread, pita, white, enriched	86.00	26.00
18413	Bread, pita, white, unenriched	86.00	26.00
18955	Bread, pan dulce, sweet yeast bread	86.00	24.00
19243	Candies, HEATH BITES	86.00	6.00
21380	McDONALD'S, Fruit 'n Yogurt Parfait	86.00	14.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	86.00	11.00
01238	Ice cream sandwich	86.00	29.00
01242	Ice cream sandwich, vanilla, light, no sugar added	86.00	10.00
01276	Yogurt, Greek, strawberry, DANNON OIKOS	86.00	10.00
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	86.00	6.00
09085	Currants, zante, dried	86.00	41.00
09307	Rhubarb, raw	86.00	12.00
11521	Taro leaves, cooked, steamed, without salt	86.00	20.00
11879	Taro, leaves, cooked, steamed, with salt	86.00	20.00
12158	Seeds, breadfruit seeds, roasted	86.00	62.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15116	Fish, trout, rainbow, wild, cooked, dry heat	86.00	31.00
16096	Peanuts, virginia, oil-roasted, with salt	86.00	188.00
16396	Peanuts, virginia, oil-roasted, without salt	86.00	188.00
18345	Rolls, dinner, oat bran	85.00	33.00
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	85.00	--
32005	Macaroni and cheese, box mix with cheese sauce, prepared	85.00	15.00
07008	Bologna, beef and pork	85.00	17.00
12131	Nuts, macadamia nuts, raw	85.00	130.00
16060	Cowpeas, catjang, mature seeds, raw	85.00	333.00
11022	Balsam-pear (bitter melon), leafy tips, raw	84.00	85.00
11595	Winged beans, immature seeds, raw	84.00	34.00
15042	Fish, herring, Atlantic, kippered	84.00	46.00
15147	Crustaceans, lobster, northern, raw	84.00	38.00
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	84.00	--
18088	Cake, angelfood, dry mix, prepared	84.00	8.00
19406	Snacks, granola bars, soft, uncoated, nut and raisin	84.00	91.00
21234	McDONALD'S, QUARTER POUNDER	84.00	22.00
21321	McDONALD'S, Hotcakes (plain)	84.00	19.00
28253	SUNSHINE, CHEEZ-IT, Snack Mix	84.00	15.00
28307	Bread, naan, plain, commercially prepared, refrigerated	84.00	27.00
32019	Lasagna, cheese, frozen, unprepared	84.00	19.00
19094	Desserts, flan, caramel custard, prepared-from-recipe	83.00	9.00
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	83.00	--
19334	Sugars, brown	83.00	9.00
28331	Crackers, flavored, fish-shaped	83.00	25.00
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	83.00	--
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	83.00	32.00
36613	DENNY'S, macaroni & cheese, from kid's menu	83.00	23.00
01012	Cheese, cottage, creamed, large or small curd	83.00	8.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	83.00	67.00
03017	Babyfood, meat, turkey sticks, junior	83.00	10.00
03206	Babyfood, cookie, baby, fruit	83.00	30.00
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	83.00	9.00
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	83.00	15.00
11459	Spinach, canned, regular pack, solids and liquids	83.00	56.00
11855	Spinach, canned, no salt added, solids and liquids	83.00	56.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15043	Fish, herring, Pacific, raw	83.00	32.00
16032	Beans, kidney, red, mature seeds, raw	83.00	138.00
07952	Bologna, chicken, turkey, pork	82.00	15.00
11278	Okra, raw	82.00	57.00
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	82.00	--
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	82.00	--
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	82.00	--
21253	BURGER KING, WHOPPER, with cheese	82.00	18.00
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	82.00	44.00
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	82.00	44.00
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	82.00	--
43543	Milk, imitation, non-soy	82.00	1.00
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	81.00	9.00
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	81.00	--
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	81.00	13.00
11203	Cress, garden, raw	81.00	38.00
11280	Okra, frozen, unprepared	81.00	43.00
16071	Lima beans, large, mature seeds, raw	81.00	224.00
16074	Lima beans, thin seeded (baby), mature seeds, raw	81.00	188.00
18032	Bread, irish soda, prepared from recipe	81.00	23.00
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	81.00	55.00
18316	Pie, coconut custard, commercially prepared	81.00	18.00
18363	Tortillas, ready-to-bake or -fry, corn	81.00	72.00
23640	Beef, variety meats and by-products, tripe, cooked, simmered	81.00	15.00
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	81.00	6.00
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	81.00	52.00
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	81.00	--
42120	Babyfood, mixed fruit juice with low fat yogurt	81.00	10.00
07254	Turkey bacon, unprepared	80.00	16.00
07972	Meatballs, frozen, Italian style	80.00	31.00
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	80.00	26.00
08143	Cereals, WHEATENA, cooked with water	80.00	20.00
08182	Cereals, WHEATENA, cooked with water, with salt	80.00	21.00
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	80.00	--
15003	Fish, bass, fresh water, mixed species, raw	80.00	30.00
15060	Fish, perch, mixed species, raw	80.00	30.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15108	Fish, sunfish, pumpkin seed, raw	80.00	30.00
16130	Okara	80.00	26.00
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	80.00	--
18061	Bread, rye, toasted	80.00	43.00
18317	Pie, egg custard, commercially prepared	80.00	11.00
18950	Crackers, wheat, reduced fat	80.00	47.00
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	80.00	88.00
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	80.00	143.00
02020	Spices, garlic powder	79.00	77.00
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	79.00	241.00
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	79.00	95.00
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	79.00	--
18617	NABISCO, NABISCO GRAHAMS Crackers	79.00	59.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	79.00	20.00
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	79.00	86.00
32028	Turnover, filled with egg, meat and cheese, frozen	79.00	16.00
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	79.00	22.00
42119	Babyfood, banana juice with low fat yogurt	79.00	10.00
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	79.00	40.00
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	78.00	5.00
11428	Purslane, cooked, boiled, drained, without salt	78.00	67.00
11505	Sweet potato leaves, raw	78.00	70.00
11849	Purslane, cooked, boiled, drained, with salt	78.00	67.00
12021	Seeds, safflower seed kernels, dried	78.00	353.00
12036	Seeds, sunflower seed kernels, dried	78.00	325.00
16279	HOUSE FOODS Premium Soft Tofu	78.00	--
18033	Bread, italian	78.00	27.00
18084	Bread stuffing, cornbread, dry mix	78.00	44.00
18221	Crackers, melba toast, rye (includes pumpernickel)	78.00	39.00
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	78.00	14.00
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	78.00	1.00
19059	Snacks, trail mix, regular	78.00	158.00
19147	Candies, peanut bar	78.00	110.00
19150	Candies, REESE'S Peanut Butter Cups	78.00	62.00
19821	Snacks, trail mix, regular, unsalted	78.00	158.00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	78.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21364	McDONALD'S, Hotcakes and Sausage	78.00	14.00
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	78.00	--
43031	Candies, chocolate covered, caramel with nuts	78.00	81.00
11119	Cabbage, chinese (pe-tsai), raw	77.00	13.00
11279	Okra, cooked, boiled, drained, without salt	77.00	36.00
11503	Swamp cabbage, (skunk cabbage), raw	77.00	71.00
11803	Okra, cooked, boiled, drained, with salt	77.00	36.00
12022	Seeds, safflower seed meal, partially defatted	77.00	350.00
15041	Fish, herring, Atlantic, pickled	77.00	8.00
15100	Fish, smelt, rainbow, cooked, dry heat	77.00	38.00
15195	Fish, drum, freshwater, cooked, dry heat	77.00	38.00
15205	Fish, pollock, Atlantic, cooked, dry heat	77.00	86.00
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	77.00	--
18135	Cake, pudding-type, white, enriched, dry mix	77.00	9.00
18172	Cookies, gingersnaps	77.00	49.00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	77.00	40.00
18312	Pie, chocolate mousse, prepared from mix, no-bake type	77.00	32.00
18419	Cake, pudding-type, white, unenriched, dry mix	77.00	9.00
19017	Snacks, granola bars, hard, chocolate chip	77.00	72.00
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	77.00	3.00
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	77.00	24.00
18053	Bread, reduced-calorie, rye	76.00	22.00
18117	Cake, pudding-type, marble, dry mix	76.00	18.00
18242	Croutons, plain	76.00	31.00
18952	Tostada shells, corn	76.00	--
19144	Candies, NESTLE, 100 GRAND Bar	76.00	25.00
21250	BURGER KING, Hamburger	76.00	25.00
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	76.00	0.00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	76.00	5.00
28006	KELLOGG'S, CINNABON, Pancakes, Original	76.00	0.00
08037	Cereals ready-to-eat, granola, homemade	76.00	168.00
18280	Muffins, corn, dry mix, prepared	75.00	21.00
18304	Pie, banana cream, prepared from recipe	75.00	16.00
18384	Bread, rice bran, toasted	75.00	76.00
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	75.00	61.00
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	75.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
28240	SUNSHINE, CHEEZ-IT, Duo2 Smoked Cheddar Monterey Jack Crackers	75.00	15.00
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	75.00	--
32020	Chicken, thighs, frozen, breaded, reheated	75.00	31.00
36412	Restaurant, Latino, tamale, pork	75.00	26.00
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	75.00	7.00
06210	Soup, cream of celery, canned, prepared with equal volume milk	75.00	9.00
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	75.00	105.00
16214	Vitasoy USA, Organic Nasoya Silken Tofu	75.00	--
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	75.00	--
18045	Bread, pumpernickel, toasted	74.00	60.00
18066	Bread, wheat bran	74.00	81.00
18177	Cookies, molasses	74.00	52.00
18279	Muffins, corn, commercially prepared	74.00	32.00
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	74.00	29.00
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	74.00	41.00
19403	Snacks, crisped rice bar, almond	74.00	71.00
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	74.00	16.00
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	74.00	52.00
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	74.00	23.00
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	74.00	--
31033	Ginger root, pickled, canned, with artificial sweetener	74.00	4.00
06358	Soup, tomato bisque, canned, prepared with equal volume milk	74.00	10.00
07024	Frankfurter, chicken	74.00	20.00
07920	Swisswurst, pork and beef, with swiss cheese, smoked	74.00	13.00
07957	Pork and turkey sausage, pre-cooked	74.00	25.00
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	74.00	89.00
09322	Tamarinds, raw	74.00	92.00
11281	Okra, frozen, cooked, boiled, drained, without salt	74.00	40.00
11804	Okra, frozen, cooked, boiled, drained, with salt	74.00	40.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	74.00	9.00
15040	Fish, herring, Atlantic, cooked, dry heat	74.00	41.00
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	74.00	--
01226	Egg substitute, liquid or frozen, fat free	73.00	15.00
01239	Ice cream cookie sandwich	73.00	16.00
03014	Babyfood, meat, chicken sticks, junior	73.00	14.00
06216	Soup, cream of chicken, canned, prepared with equal volume milk	73.00	7.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15063	Fish, pike, northern, cooked, dry heat	73.00	40.00
16046	Beans, small white, mature seeds, cooked, boiled, without salt	73.00	68.00
16051	Beans, white, mature seeds, canned	73.00	51.00
16346	Beans, small white, mature seeds, cooked, boiled, with salt	73.00	68.00
16534	WORTHINGTON Stakelets, frozen, unprepared	73.00	--
16591	WORTHINGTON Leanies, frozen, unprepared	73.00	--
18060	Bread, rye	73.00	40.00
18208	Cookies, sugar, prepared from recipe, made with margarine	73.00	12.00
18303	Pie, banana cream, prepared from mix, no-bake type	73.00	12.00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	73.00	11.00
19098	Candies, 5TH AVENUE Candy Bar	73.00	62.00
19904	Chocolate, dark, 70-85% cacao solids	73.00	228.00
20077	Wheat bran, crude	73.00	611.00
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	73.00	18.00
21507	WENDY'S, Double Stack, with cheese	73.00	21.00
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	73.00	18.00
22916	Lasagna with meat & sauce, frozen entree	73.00	18.00
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	72.00	6.00
04028	Salad dressing, mayonnaise, imitation, milk cream	72.00	7.00
06246	Soup, cream of onion, canned, prepared with equal volume milk	72.00	9.00
09289	Prunes, dehydrated (low-moisture), uncooked	72.00	64.00
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	72.00	6.00
11234	Kale, cooked, boiled, drained, without salt	72.00	18.00
11291	Onions, spring or scallions (includes tops and bulb), raw	72.00	20.00
11444	Seaweed, irishmoss, raw	72.00	144.00
11790	Kale, cooked, boiled, drained, with salt	72.00	18.00
12143	Nuts, pecans, dry roasted, without salt added	72.00	132.00
12175	Nuts, chestnuts, japanese, dried	72.00	115.00
12643	Nuts, pecans, dry roasted, with salt added	72.00	132.00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	72.00	81.00
16149	Peanut spread, reduced sugar	72.00	164.00
18040	Bread, oatmeal, toasted	72.00	41.00
18048	Bread, raisin, enriched, toasted	72.00	28.00
18314	Pie, coconut cream, prepared from mix, no-bake type	72.00	17.00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	72.00	17.00
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	72.00	16.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
19043	Snacks, potato chips, sour-cream-and-onion-flavor	72.00	74.00
19421	Snacks, potato chips, cheese-flavor	72.00	75.00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	72.00	20.00
22973	Corn dogs, frozen, prepared	72.00	17.00
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	72.00	--
18038	Bread, oat bran, toasted	71.00	34.00
18116	Cake, gingerbread, prepared from recipe	71.00	70.00
18244	Danish pastry, cinnamon, enriched	71.00	19.00
18430	Danish pastry, cinnamon, unenriched	71.00	19.00
19218	Puddings, tapioca, ready-to-eat	71.00	6.00
20046	Rice, white, long-grain, parboiled, enriched, dry	71.00	27.00
20446	Rice, white, long-grain, parboiled, unenriched, dry	71.00	27.00
21343	McDONALD'S, Low Fat Caramel Sauce	71.00	8.00
28315	Bread, cinnamon	71.00	11.00
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	71.00	--
42135	Whipped topping, frozen, low fat	71.00	7.00
43276	Cheese spread, cream cheese base	71.00	6.00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	71.00	3.00
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	71.00	13.00
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	71.00	61.00
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	71.00	144.00
12156	Nuts, walnuts, glazed	71.00	--
12157	Nuts, walnuts, dry roasted, with salt added	71.00	151.00
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	71.00	9.00
18021	Bread, boston brown, canned	70.00	63.00
18133	Cake, sponge, commercially prepared	70.00	11.00
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	70.00	49.00
19910	Candies, crispy bar with peanut butter filling	70.00	49.00
21142	Fast food, biscuit	70.00	15.00
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	70.00	19.00
05282	Pate de foie gras, canned (goose liver pate), smoked	70.00	13.00
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	70.00	8.00
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	70.00	12.00
07054	Pate, goose liver, smoked, canned	70.00	13.00
07055	Pate, liver, not specified, canned	70.00	13.00
07942	Pate, truffle flavor	70.00	13.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	70.00	36.00
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	70.00	107.00
09095	Figs, dried, stewed	70.00	29.00
09205	Oranges, raw, with peel	70.00	14.00
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	70.00	5.00
10102	Pork, fresh, variety meats and by-products, feet, raw	70.00	6.00
11122	Cardoon, raw	70.00	42.00
11446	Seaweed, laver, raw	70.00	2.00
12012	Seeds, hemp seed, hulled	70.00	700.00
12037	Seeds, sunflower seed kernels, dry roasted, without salt	70.00	129.00
12132	Nuts, macadamia nuts, dry roasted, without salt added	70.00	118.00
12142	Nuts, pecans	70.00	121.00
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	70.00	129.00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	70.00	129.00
12632	Nuts, macadamia nuts, dry roasted, with salt added	70.00	118.00
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	70.00	225.00
15107	Fish, sucker, white, raw	70.00	30.00
15271	Crustaceans, shrimp, cooked (not previously frozen)	70.00	39.00
01052	Cream, fluid, light whipping	69.00	7.00
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	69.00	7.00
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	69.00	5.00
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	69.00	5.00
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	69.00	7.00
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	69.00	5.00
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	69.00	5.00
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	69.00	5.00
05354	USDA Commodity, turkey taco meat, frozen, cooked	69.00	27.00
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	69.00	9.00
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	69.00	18.00
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	69.00	62.00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	69.00	18.00
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	69.00	62.00
13341	Beef, variety meats and by-products, tripe, raw	69.00	13.00
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	69.00	20.00
16038	Beans, navy, mature seeds, cooked, boiled, without salt	69.00	53.00
16338	Beans, navy, mature seeds, cooked, boiled, with salt	69.00	53.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	69.00	--
18059	Bread, rice bran	69.00	80.00
19118	Candies, NESTLE, OH HENRY! Bar	69.00	51.00
19151	Candies, REESE'S PIECES Candy	69.00	88.00
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	69.00	67.00
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	68.00	7.00
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	68.00	7.00
06248	Soup, oyster stew, canned, prepared with equal volume milk	68.00	8.00
06249	Soup, pea, green, canned, prepared with equal volume milk	68.00	22.00
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	68.00	13.00
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	68.00	50.00
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	68.00	50.00
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	68.00	--
18044	Bread, pumpernickel	68.00	54.00
18050	Bread, reduced-calorie, oat bran, toasted	68.00	55.00
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	68.00	--
19407	Snacks, beef sticks, smoked	68.00	21.00
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	68.00	19.00
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	68.00	--
42153	Salad dressing, blue or roquefort cheese dressing, light	68.00	4.00
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	67.00	7.00
04686	Salad dressing, honey mustard dressing, reduced calorie	67.00	12.00
06253	Soup, cream of potato, canned, prepared with equal volume milk	67.00	7.00
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	67.00	21.00
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	67.00	48.00
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	67.00	53.00
11165	Coriander (cilantro) leaves, raw	67.00	26.00
11452	Soybeans, mature seeds, sprouted, raw	67.00	72.00
12099	Nuts, chestnuts, european, dried, unpeeled	67.00	74.00
12144	Nuts, pecans, oil roasted, without salt added	67.00	121.00
12644	Nuts, pecans, oil roasted, with salt added	67.00	121.00
15115	Fish, trout, rainbow, wild, raw	67.00	31.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	67.00	40.00
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	67.00	--
18965	Crackers, cheese, reduced fat	67.00	22.00
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	67.00	71.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	67.00	24.00
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	67.00	21.00
31014	PACE, Jalapenos Nacho Sliced Peppers	67.00	--
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	67.00	--
43144	Cabbage, mustard, salted	67.00	15.00
43406	Yeast extract spread	67.00	180.00
43441	Rolls, pumpernickel	67.00	54.00
01053	Cream, fluid, heavy whipping	66.00	7.00
01132	Egg, whole, cooked, scrambled	66.00	11.00
03089	Babyfood, dinner, macaroni and cheese, strained	66.00	8.00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	66.00	6.00
06006	Soup, bean with frankfurters, canned, condensed	66.00	37.00
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	66.00	606.00
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	66.00	68.00
16001	Beans, adzuki, mature seeds, raw	66.00	127.00
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	66.00	48.00
16278	Vitasoy USA Azumaya, Silken Tofu	66.00	--
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	66.00	48.00
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	66.00	--
18039	Bread, oatmeal	66.00	37.00
18047	Bread, raisin, enriched	66.00	26.00
18310	Pie, chocolate creme, commercially prepared	66.00	19.00
18414	Bread, raisin, unenriched	66.00	26.00
19038	Snacks, popcorn, caramel-coated, with peanuts	66.00	80.00
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	66.00	--
83110	Fish, mackerel, salted	66.00	60.00
03092	Babyfood, vegetables, green beans, junior	65.00	22.00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	65.00	--
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	65.00	100.00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	65.00	25.00
11197	Cowpeas, young pods with seeds, raw	65.00	58.00
11413	Potato flour	65.00	--
11427	Purslane, raw	65.00	68.00
11972	Lemon grass (citronella), raw	65.00	60.00
15160	Mollusks, clam, mixed species, canned, drained solids	65.00	32.00
15202	Fish, milkfish, cooked, dry heat	65.00	38.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16579	GARDENBURGER Original, frozen, unprepared	65.00	--
18037	Bread, oat bran	65.00	35.00
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	65.00	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	65.00	105.00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	65.00	55.00
18121	Cake, pound, commercially prepared, other than all butter, enriched	64.00	13.00
18170	Cookies, fig bars	64.00	27.00
18326	Pie, pumpkin, commercially prepared	64.00	14.00
18418	Cake, pound, commercially prepared, other than all butter, unenriched	64.00	13.00
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	64.00	55.00
19065	Candies, ALMOND JOY Candy Bar	64.00	--
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	64.00	22.00
01138	Egg, duck, whole, fresh, raw	64.00	17.00
01140	Egg, quail, whole, fresh, raw	64.00	13.00
03012	Babyfood, meat, chicken, strained	64.00	13.00
03267	Babyfood, juice, fruit punch, with calcium	64.00	7.00
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	64.00	6.00
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	64.00	6.00
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	64.00	98.00
09421	Dates, medjool	64.00	54.00
12040	Seeds, sunflower seed butter, without salt	64.00	311.00
12100	Nuts, chestnuts, european, dried, peeled	64.00	74.00
12540	Seeds, sunflower seed butter, with salt added	64.00	311.00
15190	Fish, burbot, cooked, dry heat	64.00	41.00
15270	Crustaceans, shrimp, raw (not previously frozen)	64.00	35.00
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	64.00	30.00
18283	Muffins, oat bran	63.00	157.00
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	63.00	--
18956	Keikitos (muffins), Latino bakery item	63.00	12.00
18976	KASHI, TLC, Country Cheddar Crackers	63.00	2.00
19906	Sweeteners, for baking, brown, contains sugar and sucralose	63.00	10.00
21078	Fast foods, nachos, with cheese	63.00	42.00
21268	TACO BELL, Nachos	63.00	42.00
21306	Fast foods, griddle cake sandwich, sausage	63.00	14.00
21328	McDONALD'S, Sausage McGRIDDLES	63.00	14.00
21378	McDONALD'S, Bacon Ranch Salad without chicken	63.00	10.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	63.00	17.00
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	63.00	29.00
01264	Ice cream bar, stick or nugget, with crunch coating	63.00	11.00
02046	Mustard, prepared, yellow	63.00	48.00
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	63.00	200.00
11201	Cowpeas, leafy tips, raw	63.00	43.00
11212	Edamame, frozen, prepared	63.00	64.00
15158	Mollusks, clam, mixed species, cooked, breaded and fried	63.00	14.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	63.00	51.00
16023	Beans, french, mature seeds, cooked, boiled, without salt	63.00	56.00
16107	Sausage, meatless	63.00	36.00
16146	Beans, pinto, canned, drained solids	63.00	32.00
16323	Beans, french, mature seeds, cooked, boiled, with salt	63.00	56.00
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	63.00	--
01128	Egg, whole, cooked, fried	62.00	13.00
01171	Egg, whole, raw, frozen, pasteurized	62.00	9.00
01173	Egg, white, dried	62.00	88.00
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	62.00	7.00
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	62.00	7.00
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	62.00	7.00
09149	Kumquats, raw	62.00	20.00
11386	Potatoes, scalloped, dry mix, unprepared	62.00	59.00
15133	Fish, whiting, mixed species, cooked, dry heat	62.00	27.00
15168	Mollusks, oyster, eastern, cooked, breaded and fried	62.00	58.00
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	62.00	74.00
16093	Peanuts, valencia, raw	62.00	184.00
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	62.00	74.00
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	62.00	--
18141	Cake, yellow, commercially prepared, with vanilla frosting	62.00	6.00
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	62.00	--
19903	Chocolate, dark, 60-69% cacao solids	62.00	176.00
21107	Fast foods, hamburger; single, regular patty; plain	62.00	27.00
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	62.00	23.00
28348	Rolls, dinner, sweet	62.00	24.00
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	62.00	--
18332	Pie crust, standard-type, dry mix	61.00	15.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	61.00	54.00
19015	Snacks, granola bars, hard, plain	61.00	97.00
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	61.00	48.00
19352	Syrups, malt	61.00	72.00
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	61.00	35.00
31034	Peppers, hot pickled, canned	61.00	6.00
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	61.00	5.00
01016	Cheese, cottage, lowfat, 1% milkfat	61.00	5.00
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	61.00	24.00
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	61.00	40.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	61.00	63.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	61.00	24.00
11062	Beans, snap, green, frozen, all styles, microwaved	61.00	29.00
11204	Cress, garden, cooked, boiled, drained, without salt	61.00	26.00
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	61.00	30.00
11781	Cress, garden, cooked, boiled, drained, with salt	61.00	26.00
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	61.00	30.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	61.00	7.00
11978	Peppers, ancho, dried	61.00	113.00
12003	Seeds, breadfruit seeds, boiled	61.00	50.00
12130	Nuts, hickorynuts, dried	61.00	173.00
12154	Nuts, walnuts, black, dried	61.00	201.00
12588	Nuts, cashew butter, plain, with salt added	61.00	206.00
16005	Beans, baked, home prepared	61.00	43.00
16089	Peanuts, all types, oil-roasted, with salt	61.00	176.00
16389	Peanuts, all types, oil-roasted, without salt	61.00	176.00
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	61.00	--
18101	Cake, chocolate, prepared from recipe without frosting	60.00	32.00
18250	Doughnuts, cake-type, plain, sugared or glazed	60.00	17.00
18333	Pie crust, standard-type, dry mix, prepared, baked	60.00	15.00
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	60.00	19.00
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	60.00	--
19524	Snacks, taro chips	60.00	84.00
21002	Fast foods, biscuit, with egg	60.00	14.00
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	60.00	14.00
22932	SPAGHETTIOS, SpaghettiOs A to Z's	60.00	16.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	60.00	--
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	60.00	16.00
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	60.00	13.00
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	60.00	0.00
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	60.00	31.00
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	60.00	31.00
35204	Chokecherries, raw, pitted (Northern Plains Indians)	60.00	27.00
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	60.00	101.00
01139	Egg, goose, whole, fresh, raw	60.00	16.00
03096	Babyfood, vegetable, green beans and potatoes	60.00	20.00
06004	Soup, bean with pork, canned, condensed	60.00	33.00
06075	Soup, beef broth or bouillon, powder, dry	60.00	51.00
06076	Soup, beef broth, cubed, dry	60.00	50.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	60.00	23.00
11211	Edamame, frozen, unprepared	60.00	61.00
11437	Salsify, (vegetable oyster), raw	60.00	23.00
12201	Seeds, sesame seed kernels, dried (decorticated)	60.00	345.00
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	60.00	122.00
14317	Beverages, malted drink mix, chocolate, powder	60.00	70.00
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	60.00	77.00
15024	Fish, drum, freshwater, raw	60.00	30.00
15065	Fish, pollock, Atlantic, raw	60.00	67.00
15099	Fish, smelt, rainbow, raw	60.00	30.00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	60.00	33.00
15215	Fish, shad, american, cooked, dry heat	60.00	38.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	60.00	24.00
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	60.00	15.00
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	60.00	--
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	59.00	7.00
04704	Salad dressing, poppyseed, creamy	59.00	9.00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	59.00	153.00
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	59.00	82.00
11246	Leeks, (bulb and lower leaf-portion), raw	59.00	28.00
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	59.00	28.00
11453	Soybeans, mature seeds, sprouted, cooked, steamed	59.00	60.00
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	59.00	28.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	59.00	60.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	59.00	63.00
15167	Mollusks, oyster, eastern, wild, raw	59.00	18.00
15226	Crustaceans, crab, dungeness, cooked, moist heat	59.00	58.00
18103	Coffeecake, cheese	59.00	15.00
18344	Rolls, dinner, egg	59.00	25.00
18352	Rolls, hamburger or hotdog, reduced-calorie	59.00	20.00
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	59.00	--
25012	Snacks, sweet potato chips, unsalted	59.00	65.00
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	59.00	68.00
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	59.00	25.00
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	59.00	25.00
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	58.00	3.00
05180	Turkey from whole, neck, meat only, cooked, simmered	58.00	18.00
07016	Cheesefurter, cheese smokie, pork, beef	58.00	13.00
07032	Ham and cheese loaf or roll	58.00	16.00
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	58.00	133.00
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	58.00	136.00
11048	Beans, pinto, immature seeds, frozen, unprepared	58.00	60.00
11148	Chard, swiss, cooked, boiled, drained, without salt	58.00	86.00
11276	New Zealand spinach, raw	58.00	39.00
11765	Chard, swiss, cooked, boiled, drained, with salt	58.00	86.00
11961	Hearts of palm, canned	58.00	38.00
14236	Beverages, coffee substitute, cereal grain beverage, powder	58.00	244.00
16090	Peanuts, all types, dry-roasted, with salt	58.00	178.00
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	58.00	29.00
16390	Peanuts, all types, dry-roasted, without salt	58.00	178.00
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	58.00	--
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	58.00	--
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	58.00	22.00
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	58.00	20.00
20033	Oat bran, raw	58.00	235.00
20126	Spaghetti, spinach, dry	58.00	174.00
21102	Fast foods, chicken fillet sandwich, plain with pickles	58.00	24.00
21120	Fast foods, hotdog, with corn flour coating (corndog)	58.00	10.00
21243	WENDY'S, CLASSIC DOUBLE, with cheese	58.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21362	McDONALD'S, Sausage Biscuit with Egg	58.00	13.00
21526	CHICK-FIL-A, chicken sandwich	58.00	24.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	58.00	--
06411	Soup, cheese, canned, prepared with equal volume water	57.00	2.00
07917	Sausage, pork and beef, with cheddar cheese, smoked	57.00	13.00
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	57.00	86.00
08699	Cereals ready-to-eat, KELLOGG'S KRAVE S'mores	57.00	32.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	57.00	22.00
11372	Potatoes, scalloped, home-prepared with butter	57.00	19.00
11844	Potatoes, scalloped, home-prepared with margarine	57.00	19.00
11937	Pickles, cucumber, dill or kosher dill	57.00	7.00
11947	Pickles, cucumber, dill, reduced sodium	57.00	7.00
12039	Seeds, sunflower seed kernels, toasted, without salt	57.00	129.00
12539	Seeds, sunflower seed kernels, toasted, with salt added	57.00	129.00
15039	Fish, herring, Atlantic, raw	57.00	32.00
15062	Fish, pike, northern, raw	57.00	31.00
15177	Mollusks, whelk, unspecified, raw	57.00	86.00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	57.00	79.00
16112	Miso	57.00	48.00
16145	Beans, kidney, red, mature seeds, canned, drained solids	57.00	30.00
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	57.00	--
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	57.00	24.00
18049	Bread, reduced-calorie, oat bran	57.00	55.00
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	57.00	19.00
18154	Cookies, brownies, prepared from recipe	57.00	53.00
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	57.00	24.00
19061	Snacks, trail mix, tropical	57.00	96.00
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	57.00	55.00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	57.00	152.00
20060	Rice bran, crude	57.00	781.00
21018	Fast foods, egg, scrambled	57.00	14.00
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	57.00	20.00
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	57.00	13.00
22919	Macaroni and Cheese, canned, microwavable	57.00	13.00
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	57.00	102.00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	57.00	0.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
28305	Pancakes, plain, reduced fat	57.00	16.00
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	57.00	94.00
31025	Sweet Potato puffs, frozen, unprepared	57.00	--
35142	Frybread, made with lard (Navajo)	57.00	18.00
36045	ON THE BORDER, refried beans	57.00	47.00
36418	Restaurant, Mexican, refried beans	57.00	44.00
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	57.00	92.00
01123	Egg, whole, raw, fresh	56.00	12.00
01131	Egg, whole, cooked, poached	56.00	12.00
02055	Horseradish, prepared	56.00	27.00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	56.00	19.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	56.00	130.00
09287	Prickly pears, raw	56.00	85.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	56.00	20.00
11092	Broccoli, frozen, chopped, unprepared	56.00	18.00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	56.00	33.00
16011	Beans, baked, canned, with pork and tomato sauce	56.00	34.00
18320	Pie, lemon meringue, commercially prepared	56.00	15.00
19902	Chocolate, dark, 45- 59% cacao solids	56.00	146.00
20111	Noodles, egg, spinach, enriched, dry	56.00	82.00
43273	Cheese, cottage, with vegetables	56.00	4.00
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	56.00	4.00
01255	Egg, whole, raw, frozen, salted, pasteurized	55.00	9.00
03013	Babyfood, meat, chicken, junior	55.00	11.00
03245	Babyfood, dessert, custard pudding, vanilla, strained	55.00	5.00
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	55.00	4.00
06128	Soup, chicken noodle, dry, mix	55.00	38.00
07001	Barbecue loaf, pork, beef	55.00	17.00
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	55.00	26.00
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	55.00	28.00
09032	Apricots, dried, sulfured, uncooked	55.00	32.00
09083	Currants, european black, raw	55.00	24.00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	55.00	21.00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	55.00	20.00
11063	Beans, snap, green, microwaved	55.00	28.00
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	55.00	41.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	55.00	41.00
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	55.00	262.00
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	55.00	262.00
15219	Fish, trout, mixed species, cooked, dry heat	55.00	28.00
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	55.00	49.00
16088	Peanuts, all types, cooked, boiled, with salt	55.00	102.00
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	55.00	49.00
16512	WORTHINGTON Diced Chik, canned, unprepared	55.00	--
19177	Gelatins, dry powder, unsweetened	55.00	22.00
20132	Oat flour, partially debranned	55.00	144.00
21121	Fast foods, roast beef sandwich, plain	55.00	23.00
21361	McDONALD'S, Sausage Biscuit	55.00	13.00
21419	KFC, biscuit	55.00	16.00
21527	ARBY'S, roast beef sandwich, classic	55.00	23.00
32017	Pasta mix, Italian four cheese lasagna, unprepared	55.00	42.00
42285	Babyfood, cereal, brown rice, dry, instant	55.00	28.00
43114	Vermicelli, made from soy	55.00	2.00
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	54.00	22.00
18200	Cookies, oatmeal, commercially prepared, special dietary	54.00	17.00
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	54.00	22.00
19031	Snacks, oriental mix, rice-based	54.00	118.00
19077	Baking chocolate, unsweetened, liquid	54.00	265.00
19097	Sherbet, orange	54.00	8.00
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	54.00	29.00
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	54.00	--
20038	Oats	54.00	177.00
21023	Fast foods, french toast with butter	54.00	12.00
21112	Fast foods, hamburger; single, large patty; plain	54.00	20.00
21388	Fast foods, miniature cinnamon rolls	54.00	13.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	54.00	22.00
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	54.00	12.00
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	54.00	12.00
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	54.00	63.00
03046	Babyfood, ravioli, cheese filled, with tomato sauce	54.00	7.00
03246	Babyfood, dessert, custard pudding, vanilla, junior	54.00	5.00
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	54.00	5.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
06152	Sauce, pizza, canned, ready-to-serve	54.00	21.00
07056	Peppered loaf, pork, beef	54.00	20.00
07905	Frankfurter, beef, pork, and turkey, fat free	54.00	14.00
09328	Maraschino cherries, canned, drained	54.00	4.00
11442	Seaweed, agar, raw	54.00	67.00
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	54.00	30.00
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	54.00	30.00
12059	Nuts, acorns, dried	54.00	82.00
12174	Seeds, watermelon seed kernels, dried	54.00	515.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	54.00	22.00
16094	Peanuts, valencia, oil-roasted, with salt	54.00	160.00
16138	Falafel, home-prepared	54.00	82.00
16167	USDA Commodity, Peanut Butter, smooth	54.00	179.00
16394	Peanuts, valencia, oil-roasted, without salt	54.00	160.00
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	54.00	35.00
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	54.00	--
18190	Cookies, peanut butter sandwich, regular	53.00	49.00
18241	Croissants, cheese	53.00	24.00
18980	KASHI, Original Waffle	53.00	39.00
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	53.00	87.00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	53.00	18.00
19188	Puddings, chocolate, dry mix, regular	53.00	67.00
21024	Fast foods, french toast sticks	53.00	19.00
21386	BURGER KING, french toast sticks	53.00	19.00
42178	Mayonnaise, made with tofu	53.00	52.00
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	53.00	58.00
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	53.00	5.00
01013	Cheese, cottage, creamed, with fruit	53.00	7.00
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	53.00	14.00
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	53.00	5.00
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	53.00	5.00
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	53.00	4.00
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	53.00	5.00
09297	Raisins, golden seedless	53.00	35.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	53.00	21.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	53.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	53.00	23.00
11350	Pokeberry shoots, (poke), raw	53.00	18.00
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	53.00	14.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	53.00	14.00
12084	Nuts, butternuts, dried	53.00	237.00
15166	Mollusks, octopus, common, raw	53.00	30.00
16009	Beans, baked, canned, with pork	53.00	34.00
16026	Beans, great northern, mature seeds, canned	53.00	51.00
16084	Mungo beans, mature seeds, cooked, boiled, without salt	53.00	63.00
16326	Beans, great northern, mature seeds, canned, low sodium	53.00	51.00
16384	Mungo beans, mature seeds, cooked, boiled, with salt	53.00	63.00
18029	Bread, french or vienna (includes sourdough)	52.00	32.00
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	52.00	21.00
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	52.00	21.00
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	52.00	13.00
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	52.00	22.00
19234	Puddings, tapioca, ready-to-eat, fat free	52.00	5.00
21060	Fast foods, burrito, with beans	52.00	40.00
22918	Burrito, bean and cheese, frozen	52.00	31.00
22983	KASHI, Chicken Florentine, Frozen Entree	52.00	--
25040	Snacks, vegetable chips, made from garden vegetables	52.00	53.00
25050	Snacks, yucca (cassava) chips, salted	52.00	46.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	52.00	26.00
32010	Pasta mix, Italian lasagna, unprepared	52.00	37.00
08120	Cereals, oats, regular and quick, not fortified, dry	52.00	138.00
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	52.00	148.00
09195	Olives, pickled, canned or bottled, green	52.00	11.00
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	52.00	54.00
11213	Endive, raw	52.00	15.00
11292	Onions, young green, tops only	52.00	16.00
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	52.00	54.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	52.00	550.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	52.00	550.00
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	52.00	9.00
14277	Beverages, grape drink, canned	52.00	1.00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	52.00	1.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15009	Fish, carp, cooked, dry heat	52.00	38.00
16041	Beans, pink, mature seeds, cooked, boiled, without salt	52.00	65.00
16341	Beans, pink, mature seeds, cooked, boiled, with salt	52.00	65.00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	52.00	21.00
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	51.00	17.00
18147	Cheesecake commercially prepared	51.00	11.00
18978	KASHI, Blueberry Waffle	51.00	37.00
19183	Puddings, chocolate, ready-to-eat	51.00	18.00
21005	Fast Foods, biscuit, with egg and sausage	51.00	13.00
21341	McDONALD'S, BIG BREAKFAST	51.00	15.00
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	51.00	--
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	51.00	--
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	51.00	17.00
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	51.00	5.00
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	51.00	54.00
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	51.00	15.00
03090	Babyfood, dinner, macaroni and cheese, junior	51.00	7.00
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	51.00	5.00
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	51.00	5.00
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	51.00	5.00
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	51.00	5.00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	51.00	4.00
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	51.00	4.00
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	51.00	5.00
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	51.00	40.00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	51.00	19.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	51.00	20.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	51.00	24.00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	51.00	20.00
11147	Chard, swiss, raw	51.00	81.00
11676	Radish seeds, sprouted, raw	51.00	44.00
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	51.00	20.00
15053	Fish, milkfish, raw	51.00	30.00
15213	Fish, scup, cooked, dry heat	51.00	29.00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	51.00	33.00
16077	Lupins, mature seeds, cooked, boiled, without salt	51.00	54.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16377	Lupins, mature seeds, cooked, boiled, with salt	51.00	54.00
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	51.00	--
18215	Crackers, cheese, sandwich-type with peanut butter filling	50.00	56.00
18429	Crackers, whole-wheat, low salt	50.00	99.00
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	50.00	51.00
19917	Candies, M&M MARS Pretzel Chocolate Candies	50.00	39.00
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	50.00	3.00
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	50.00	13.00
22955	Egg rolls, vegetable, frozen, prepared	50.00	23.00
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	50.00	12.00
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	50.00	12.00
28350	Cookies, chocolate cream covered biscuit sticks	50.00	36.00
43449	Beans, baked, canned, no salt added	50.00	32.00
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	50.00	110.00
01129	Egg, whole, cooked, hard-boiled	50.00	10.00
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	50.00	5.00
04638	Salad dressing, ranch dressing, fat-free	50.00	8.00
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	50.00	272.00
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	50.00	106.00
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	50.00	313.00
09298	Raisins, seedless	50.00	32.00
11199	Yardlong bean, raw	50.00	44.00
11224	Hyacinth-beans, immature seeds, raw	50.00	40.00
11302	Peas, edible-podded, frozen, unprepared	50.00	23.00
15006	Fish, burbot, raw	50.00	32.00
15075	Fish, sablefish, smoked	50.00	74.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	50.00	43.00
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	50.00	--
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	50.00	--
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	50.00	--
18009	Biscuits, plain or buttermilk, frozen, baked	49.00	17.00
18428	Crackers, wheat, low salt	49.00	62.00
19100	Candies, fudge, chocolate, prepared-from-recipe	49.00	36.00
19201	Puddings, vanilla, ready-to-eat	49.00	4.00
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	49.00	46.00
19348	Syrups, chocolate, fudge-type	49.00	48.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
19364	Toppings, butterscotch or caramel	49.00	5.00
20143	Teff, cooked	49.00	50.00
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	49.00	0.00
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	49.00	10.00
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	49.00	38.00
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	49.00	17.00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	49.00	28.00
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	49.00	4.00
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	49.00	20.00
11105	Burdock root, cooked, boiled, drained, without salt	49.00	39.00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	49.00	24.00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	49.00	24.00
11747	Burdock root, cooked, boiled, drained, with salt	49.00	39.00
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	49.00	18.00
11957	Fennel, bulb, raw	49.00	17.00
15035	Fish, haddock, smoked	49.00	54.00
15154	Crustaceans, spiny lobster, mixed species, raw	49.00	40.00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	49.00	48.00
16098	Peanut butter, smooth style, with salt	49.00	168.00
16137	Hummus, home prepared	49.00	29.00
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	49.00	48.00
16398	Peanut butter, smooth style, without salt	49.00	168.00
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	49.00	--
18095	Cake, cherry fudge with chocolate frosting	48.00	19.00
18212	Cookies, vanilla wafers, lower fat	48.00	14.00
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	48.00	--
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	48.00	--
28375	VAN'S, Gluten Free, Totally Original Waffles	48.00	31.00
43015	Salad dressing, caesar dressing, regular	48.00	2.00
43143	Cabbage, japanese style, fresh, pickled	48.00	12.00
01130	Egg, whole, cooked, omelet	48.00	11.00
04601	Butter, light, stick, with salt	48.00	5.00
04602	Butter, light, stick, without salt	48.00	5.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	48.00	25.00
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	48.00	--
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	48.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
07015	Brotwurst, pork, beef, link	48.00	16.00
07936	Bologna, pork and turkey, lite	48.00	17.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	48.00	20.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	48.00	20.00
11110	Cabbage, cooked, boiled, drained, without salt	48.00	15.00
11277	New Zealand spinach, cooked, boiled, drained, without salt	48.00	32.00
11485	Squash, winter, butternut, raw	48.00	34.00
11740	Broccoli, flower clusters, raw	48.00	25.00
11741	Broccoli, stalks, raw	48.00	25.00
11751	Cabbage, common, cooked, boiled, drained, with salt	48.00	15.00
11802	New zealand spinach, cooked, boiled, drained, with salt	48.00	32.00
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	48.00	17.00
15132	Fish, whiting, mixed species, raw	48.00	21.00
16008	Beans, baked, canned, with franks	48.00	28.00
16144	Lentils, pink or red, raw	48.00	59.00
01114	Whey, sweet, fluid	47.00	8.00
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	47.00	--
06307	Sauce, barbecue, KRAFT, original	47.00	15.00
07062	Picnic loaf, pork, beef	47.00	15.00
08402	Cereals, QUAKER, Quick Oats, Dry	47.00	270.00
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	47.00	270.00
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	47.00	--
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	47.00	106.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	47.00	24.00
11090	Broccoli, raw	47.00	21.00
11438	Salsify, cooked, boiled, drained, without salt	47.00	18.00
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	47.00	15.00
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	47.00	15.00
11852	Salsify, cooked, boiled, drained, with salt	47.00	18.00
11956	Tomatoes, sun-dried, packed in oil, drained	47.00	81.00
15094	Fish, shad, american, raw	47.00	30.00
16039	Beans, navy, mature seeds, canned	47.00	--
16044	Beans, pinto, mature seeds, canned, solids and liquids	47.00	33.00
16059	Chili with beans, canned	47.00	45.00
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	47.00	33.00
18030	Bread, french or vienna, toasted (includes sourdough)	47.00	31.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	47.00	8.00
18175	Cookies, ladyfingers, with lemon juice and rind	47.00	12.00
18368	Wonton wrappers (includes egg roll wrappers)	47.00	20.00
18423	Cookies, ladyfingers, without lemon juice and rind	47.00	12.00
19104	Candies, fudge, vanilla with nuts	47.00	24.00
19111	Candies, NESTLE, BABY RUTH Bar	47.00	43.00
20002	Amaranth grain, cooked	47.00	65.00
20035	Quinoa, uncooked	47.00	197.00
21009	Fast foods, biscuit, with sausage	47.00	13.00
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	47.00	33.00
21269	TACO BELL, Nachos Supreme	47.00	33.00
22954	Egg rolls, chicken, refrigerated, heated	47.00	30.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	47.00	25.00
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	47.00	14.00
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	47.00	26.00
32031	Salisbury steak with gravy, frozen	47.00	17.00
36612	DENNY'S, golden fried shrimp	47.00	26.00
09449	Nance, frozen, unsweetened	46.00	20.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	46.00	21.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	46.00	17.00
11214	Escarole, cooked, boiled, drained, no salt added	46.00	13.00
11295	Onion rings, breaded, par fried, frozen, unprepared	46.00	14.00
11369	Potatoes, microwaved, cooked in skin, skin, without salt	46.00	37.00
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	46.00	25.00
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	46.00	25.00
11836	Potatoes, microwaved, cooked, in skin, skin with salt	46.00	37.00
12014	Seeds, pumpkin and squash seed kernels, dried	46.00	592.00
12101	Nuts, chestnuts, european, boiled and steamed	46.00	54.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	46.00	3.00
15082	Fish, salmon, coho, wild, cooked, moist heat	46.00	35.00
15136	Crustaceans, crab, alaska king, raw	46.00	49.00
15143	Crustaceans, crab, dungeness, raw	46.00	45.00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	46.00	50.00
16132	Tofu, salted and fermented (fuyu)	46.00	52.00
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	46.00	50.00
16528	WORTHINGTON Dinner Roast, frozen, unprepared	46.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18174	Cookies, graham crackers, chocolate-coated	46.00	16.00
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	46.00	36.00
18191	Cookies, raisin, soft-type	46.00	21.00
18198	Cookies, chocolate chip, commercially prepared, special dietary	46.00	21.00
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	46.00	15.00
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	46.00	15.00
18433	Danish pastry, lemon, unenriched	46.00	15.00
18435	Danish pastry, raspberry, unenriched	46.00	15.00
18954	Bread, pound cake type, pan de torta salvadoran	46.00	19.00
21259	BURGER KING, Original Chicken Sandwich	46.00	23.00
21337	McDONALD'S, Peanuts (for Sundaes)	46.00	193.00
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	46.00	--
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	46.00	18.00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	46.00	13.00
36622	Restaurant, Chinese, sweet and sour pork	46.00	13.00
08084	Cereals ready-to-eat, wheat germ, toasted, plain	45.00	320.00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	45.00	172.00
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	45.00	190.00
09173	Longans, dried	45.00	46.00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	45.00	21.00
11112	Cabbage, red, raw	45.00	16.00
11254	Lotus root, raw	45.00	23.00
11285	Onions, canned, solids and liquids	45.00	6.00
11366	Potatoes, boiled, cooked in skin, skin, without salt	45.00	30.00
11832	Potatoes, boiled, cooked in skin, skin, with salt	45.00	30.00
11962	Peppers, hot chile, sun-dried	45.00	88.00
12085	Nuts, cashew nuts, dry roasted, without salt added	45.00	260.00
12585	Nuts, cashew nuts, dry roasted, with salt added	45.00	260.00
15170	Mollusks, oyster, eastern, canned	45.00	54.00
15208	Fish, sablefish, cooked, dry heat	45.00	71.00
15247	Fish, salmon, coho, wild, cooked, dry heat	45.00	33.00
16007	Beans, baked, canned, with beef	45.00	25.00
16097	Peanut butter, chunk style, with salt	45.00	160.00
16156	Peanut butter, chunky, vitamin and mineral fortified	45.00	370.00
16157	Chickpea flour (besan)	45.00	166.00
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	45.00	26.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16397	Peanut butter, chunk style, without salt	45.00	160.00
16399	Peanut butter with omega-3, creamy	45.00	191.00
16536	WORTHINGTON Wham (roll), frozen, unprepared	45.00	--
18106	Coffeecake, fruit	45.00	17.00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	45.00	36.00
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	45.00	22.00
21241	WENDY'S, Jr. Hamburger, without cheese	45.00	21.00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	45.00	26.00
36001	APPLEBEE'S, Double Crunch Shrimp	45.00	23.00
36032	DENNY'S, spaghetti and meatballs	45.00	23.00
36038	Restaurant, family style, spaghetti and meatballs	45.00	23.00
36621	Restaurant, Chinese, sweet and sour chicken	45.00	15.00
18227	Crackers, rye, wafers, seasoned	44.00	106.00
18272	Ice cream cones, sugar, rolled-type	44.00	31.00
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	44.00	10.00
18459	Breakfast tart, low fat	44.00	--
21010	Fast foods, biscuit, with crispy chicken fillet	44.00	18.00
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	44.00	20.00
21522	McDONALD'S, Southern Style Chicken Biscuit	44.00	18.00
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	44.00	--
22972	Pulled pork in barbecue sauce	44.00	22.00
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	44.00	98.00
43135	Sandwich spread, meatless	44.00	20.00
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	44.00	174.00
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	44.00	5.00
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	44.00	5.00
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	44.00	16.00
08029	Cereals ready-to-eat, POST Bran Flakes	44.00	229.00
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	44.00	168.00
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	44.00	147.00
09420	Jackfruit, canned, syrup pack	44.00	10.00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	44.00	17.00
11007	Artichokes, (globe or french), raw	44.00	60.00
11053	Beans, snap, green, cooked, boiled, drained, without salt	44.00	18.00
11200	Yardlong bean, cooked, boiled, drained, without salt	44.00	42.00
11483	Squash, winter, acorn, cooked, baked, without salt	44.00	43.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11616	Dock, raw	44.00	103.00
11723	Beans, snap, green, cooked, boiled, drained, with salt	44.00	18.00
11864	Squash, winter, acorn, cooked, baked, with salt	44.00	43.00
11899	Yardlong bean, cooked, boiled, drained, with salt	44.00	42.00
12205	Seeds, lotus seeds, raw	44.00	56.00
15011	Fish, catfish, channel, cooked, breaded and fried	44.00	27.00
15198	Fish, ling, cooked, dry heat	44.00	81.00
15245	Mollusks, oyster, eastern, farmed, raw	44.00	33.00
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	44.00	42.00
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	44.00	42.00
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	44.00	--
18025	Bread, cracked-wheat	43.00	52.00
18161	Cookies, chocolate chip, dry mix	43.00	36.00
18201	Cookies, peanut butter sandwich, special dietary	43.00	51.00
18222	Crackers, melba toast, wheat	43.00	56.00
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	43.00	22.00
18451	Cake, pound, commercially prepared, fat-free	43.00	10.00
19039	Snacks, popcorn, caramel-coated, without peanuts	43.00	35.00
19216	Candies, praline, prepared-from-recipe	43.00	49.00
19408	Snacks, pork skins, barbecue-flavor	43.00	0.00
20095	Pasta, fresh-refrigerated, spinach, as purchased	43.00	63.00
21111	Fast foods, hamburger; double, regular patty; with condiments	43.00	21.00
27056	Sauce, barbecue, BULL'S-EYE, original	43.00	16.00
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	43.00	18.00
36605	CRACKER BARREL, country fried shrimp platter	43.00	19.00
36606	CRACKER BARREL, farm raised catfish platter	43.00	34.00
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	43.00	120.00
05150	Goose, liver, raw	43.00	24.00
06179	Sauce, fish, ready-to-serve	43.00	175.00
07061	Mother's loaf, pork	43.00	16.00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	43.00	122.00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	43.00	114.00
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	43.00	2.00
09202	Oranges, raw, navels	43.00	11.00
09203	Oranges, raw, Florida	43.00	10.00
09291	Plums, dried (prunes), uncooked	43.00	41.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11141	Celeriac, raw	43.00	20.00
11240	Mushrooms, morel, raw	43.00	19.00
11300	Peas, edible-podded, raw	43.00	24.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	43.00	38.00
11435	Rutabagas, raw	43.00	20.00
11518	Taro, raw	43.00	33.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	43.00	38.00
12060	Nuts, acorn flour, full fat	43.00	110.00
12086	Nuts, cashew nuts, oil roasted, without salt added	43.00	273.00
12088	Nuts, cashew butter, plain, without salt added	43.00	258.00
12586	Nuts, cashew nuts, oil roasted, with salt added	43.00	273.00
13318	Beef, variety meats and by-products, brain, raw	43.00	13.00
15069	Fish, pompano, florida, cooked, dry heat	43.00	31.00
15114	Fish, trout, mixed species, raw	43.00	22.00
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	43.00	46.00
16155	Peanut butter, smooth, vitamin and mineral fortified	43.00	355.00
16165	MORI-NU, Tofu, silken, lite extra firm	43.00	10.00
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	43.00	24.00
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	43.00	46.00
18134	Cake, sponge, prepared from recipe	42.00	9.00
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	42.00	10.00
19102	Candies, fudge, peanut butter, prepared-from-recipe	42.00	20.00
20015	Corn bran, crude	42.00	64.00
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	42.00	67.00
28318	Bread, french or vienna, whole wheat	42.00	52.00
28352	Cookies, vanilla sandwich with creme filling, reduced fat	42.00	12.00
36016	Restaurant, family style, shrimp, breaded and fried	42.00	21.00
36413	Restaurant, Latino, black bean soup	42.00	41.00
42272	Snacks, granola bar, with coconut, chocolate coated	42.00	56.00
43410	Chicken, meatless, breaded, fried	42.00	12.00
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	42.00	5.00
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	42.00	5.00
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	42.00	5.00
07968	Kielbasa, fully cooked, grilled	42.00	16.00
09448	Nance, canned, syrup, drained	42.00	16.00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	42.00	10.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	42.00	94.00
11060	Beans, snap, green, frozen, all styles, unprepared	42.00	22.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	42.00	19.00
11098	Brussels sprouts, raw	42.00	23.00
11113	Cabbage, red, cooked, boiled, drained, without salt	42.00	17.00
11144	Celery, cooked, boiled, drained, without salt	42.00	12.00
11301	Peas, edible-podded, boiled, drained, without salt	42.00	26.00
11344	Pigeonpeas, immature seeds, raw	42.00	68.00
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	42.00	94.00
11730	Beans, snap, yellow, frozen, all styles, unprepared	42.00	22.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	42.00	19.00
11752	Cabbage, red, cooked, boiled, drained, with salt	42.00	17.00
11764	Celery, cooked, boiled, drained, with salt	42.00	12.00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	42.00	26.00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	42.00	1.00
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	42.00	59.00
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	42.00	98.00
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	42.00	98.00
16535	WORTHINGTON Stripples, frozen, unprepared	42.00	--
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	42.00	--
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	42.00	27.00
18185	Cookies, peanut butter, commercially prepared, regular	41.00	44.00
18529	ARCHWAY Home Style Cookies, Frosty Lemon	41.00	--
19404	Snacks, granola bars, soft, uncoated, chocolate chip	41.00	64.00
19420	Snacks, granola bars, hard, peanut butter	41.00	55.00
20011	Buckwheat flour, whole-groat	41.00	251.00
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	41.00	61.00
25036	Snacks, granola bites, mixed flavors	41.00	69.00
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	41.00	--
27064	Wasabi	41.00	21.00
28288	Bread, roll, Mexican, bollilo	41.00	30.00
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	41.00	42.00
28354	ANDREA'S, Gluten Free Soft Dinner Roll	41.00	42.00
42291	Peanut butter, reduced sodium	41.00	159.00
43131	Luncheon slices, meatless	41.00	23.00
43595	Breakfast bar, corn flake crust with fruit	41.00	27.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
03015	Babyfood, meat, turkey, strained	41.00	12.00
03016	Babyfood, meat, turkey, junior	41.00	12.00
03209	Babyfood, crackers, vegetable	41.00	37.00
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	41.00	5.00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	41.00	20.00
06023	Soup, chicken with rice, canned, condensed	41.00	10.00
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	41.00	10.00
06584	Soup, broccoli cheese, canned, condensed, commercial	41.00	13.00
07006	Bockwurst, pork, veal, raw	41.00	26.00
07077	Smoked link sausage, pork and beef, nonfat dry milk added	41.00	16.00
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	41.00	57.00
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	41.00	65.00
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	41.00	7.00
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	41.00	84.00
11094	Broccoli, frozen, spears, unprepared	41.00	16.00
11104	Burdock root, raw	41.00	38.00
11154	Chicory roots, raw	41.00	22.00
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	41.00	42.00
11335	Peppers, sweet, green, canned, solids and liquids	41.00	11.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	41.00	40.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	41.00	98.00
11486	Squash, winter, butternut, cooked, baked, without salt	41.00	29.00
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	41.00	42.00
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	41.00	40.00
11866	Squash, winter, butternut, cooked, baked, with salt	41.00	29.00
11916	Peppers, sweet, red, canned, solids and liquids	41.00	11.00
12058	Nuts, acorns, raw	41.00	62.00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	41.00	20.00
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	41.00	--
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	41.00	--
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	41.00	--
15008	Fish, carp, raw	41.00	29.00
15055	Fish, mullet, striped, raw	41.00	29.00
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	41.00	--
18218	Crackers, matzo, egg	40.00	24.00
18226	Crackers, rye, wafers, plain	40.00	121.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.00	17.00
18979	KASHI, H2H Woven Wheat Cracker, Original	40.00	86.00
19233	Puddings, vanilla, ready-to-eat, fat free	40.00	7.00
20003	Arrowroot flour	40.00	3.00
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	40.00	23.00
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	40.00	24.00
27057	Sauce, barbecue, KC MASTERPIECE, original	40.00	16.00
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	40.00	30.00
28346	Waffles, gluten-free, frozen, ready-to-heat	40.00	31.00
36601	Restaurant, Chinese, egg rolls, assorted	40.00	18.00
36617	Restaurant, Chinese, lemon chicken	40.00	16.00
43215	Salad dressing, buttermilk, lite	40.00	6.00
02054	Capers, canned	40.00	33.00
04640	Salad dressing, ranch dressing, reduced fat	40.00	6.00
07070	Salami, cooked, turkey	40.00	22.00
07969	Kielbasa, fully cooked, pan-fried	40.00	15.00
08144	Cereals, whole wheat hot natural cereal, dry	40.00	122.00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	40.00	89.00
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	40.00	75.00
09200	Oranges, raw, all commercial varieties	40.00	10.00
09201	Oranges, raw, California, valencias	40.00	10.00
11091	Broccoli, cooked, boiled, drained, without salt	40.00	21.00
11109	Cabbage, raw	40.00	12.00
11143	Celery, raw	40.00	11.00
11742	Broccoli, cooked, boiled, drained, with salt	40.00	21.00
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	40.00	1.00
15090	Fish, scup, raw	40.00	23.00
15102	Fish, snapper, mixed species, cooked, dry heat	40.00	37.00
15200	Fish, mackerel, king, cooked, dry heat	40.00	41.00
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	40.00	82.00
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	40.00	82.00
16518	WORTHINGTON Saucettes, canned, unprepared	40.00	--
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	40.00	--
17132	Veal, shoulder, blade, separable lean only, cooked, braised	40.00	28.00
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	40.00	22.00
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	39.00	55.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18189	Cookies, peanut butter, prepared from recipe	39.00	--
18388	Muffins, wheat bran, toaster-type with raisins, toasted	39.00	21.00
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	39.00	26.00
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	39.00	26.00
18949	Crackers, whole-wheat, reduced fat	39.00	120.00
19235	Puddings, chocolate, ready-to-eat, fat free	39.00	15.00
20078	Wheat germ, crude	39.00	239.00
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	39.00	65.00
21252	BURGER KING, WHOPPER, no cheese	39.00	18.00
22928	Burrito, beef and bean, microwaved	39.00	36.00
22978	Chicken tenders, breaded, frozen, prepared	39.00	29.00
23501	USDA Commodity, beef patties with VPP, frozen, cooked	39.00	49.00
28347	Pancakes, gluten-free, frozen, ready-to-heat	39.00	34.00
28374	VAN'S, Gluten Free, Totally Original Pancakes	39.00	34.00
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	39.00	--
36044	ON THE BORDER, Mexican rice	39.00	15.00
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	39.00	98.00
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	39.00	87.00
03091	Babyfood, vegetables, green beans, strained	39.00	20.00
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	39.00	18.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	39.00	138.00
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	39.00	85.00
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	39.00	96.00
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	39.00	106.00
09087	Dates, deglet noor	39.00	43.00
09190	Mulberries, raw	39.00	18.00
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	39.00	35.00
11145	Celtuce, raw	39.00	28.00
11374	Potatoes, canned, solids and liquids	39.00	14.00
11416	Pumpkin flowers, raw	39.00	24.00
11418	Pumpkin leaves, raw	39.00	38.00
11656	Corn pudding, home prepared	39.00	15.00
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	39.00	1.00
15157	Mollusks, clam, mixed species, raw	39.00	19.00
15176	Mollusks, squid, mixed species, cooked, fried	39.00	38.00
16010	Beans, baked, canned, with pork and sweet sauce	39.00	30.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	39.00	12.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	39.00	31.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	39.00	32.00
18105	Coffeecake, creme-filled with chocolate frosting	38.00	15.00
18378	Cookies, chocolate chip, prepared from recipe, made with butter	38.00	55.00
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	38.00	--
19103	Candies, fudge, vanilla, prepared-from-recipe	38.00	3.00
19303	Marmalade, orange	38.00	2.00
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	38.00	--
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	38.00	26.00
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	38.00	35.00
35146	Stew, mutton, corn, squash (Navajo)	38.00	21.00
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	38.00	37.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	38.00	4.00
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	38.00	27.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	38.00	21.00
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	38.00	19.00
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	38.00	93.00
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	38.00	153.00
09044	Cherries, tart, dried, sweetened	38.00	22.00
09088	Elderberries, raw	38.00	5.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	38.00	35.00
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	38.00	57.00
11190	Cornsalad, raw	38.00	13.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	38.00	27.00
11729	Beans, snap, green, canned, no salt added, drained solids	38.00	13.00
11875	Sweet potato, cooked, baked in skin, flesh, with salt	38.00	27.00
16158	Hummus, commercial	38.00	71.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	38.00	26.00
03070	Babyfood, dinner, chicken soup, strained	37.00	5.00
03298	Babyfood, dinner, broccoli and chicken, junior	37.00	12.00
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	37.00	8.00
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	37.00	2.00
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	37.00	108.00
09129	Grapes, muscadine, raw	37.00	14.00
09218	Tangerines, (mandarin oranges), raw	37.00	12.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11052	Beans, snap, green, raw	37.00	25.00
11056	Beans, snap, green, canned, regular pack, drained solids	37.00	13.00
11299	Parsnips, cooked, boiled, drained, without salt	37.00	29.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	37.00	25.00
11426	Pumpkin pie mix, canned	37.00	16.00
11516	Sweet potato, frozen, unprepared	37.00	22.00
11555	Tomato products, canned, sauce, with herbs and cheese	37.00	19.00
11677	Shallots, raw	37.00	21.00
11722	Beans, snap, yellow, raw	37.00	25.00
11808	Parsnips, cooked, boiled, drained, with salt	37.00	29.00
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	37.00	25.00
11973	Beans, fava, in pod, raw	37.00	33.00
12087	Nuts, cashew nuts, raw	37.00	292.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	37.00	20.00
15098	Fish, sheepshead, cooked, dry heat	37.00	35.00
15156	Mollusks, abalone, mixed species, cooked, fried	37.00	56.00
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	37.00	44.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	37.00	24.00
16085	Peas, green, split, mature seeds, raw	37.00	49.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	37.00	28.00
18178	Cookies, oatmeal, commercially prepared, regular	37.00	33.00
18239	Croissants, butter	37.00	16.00
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.00	--
20063	Rye flour, dark	37.00	160.00
20069	Triticale	37.00	130.00
20131	Barley malt flour	37.00	97.00
21105	Fast foods, fish sandwich, with tartar sauce	37.00	25.00
21258	BURGER KING, Premium Fish Sandwich	37.00	25.00
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	37.00	28.00
21508	WEND'YS, Crispy Chicken Sandwich	37.00	20.00
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	37.00	--
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	37.00	26.00
03072	Babyfood, dinner, chicken stew, toddler	36.00	10.00
06011	Soup, cheese, canned, condensed	36.00	12.00
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	36.00	12.00
07060	Luxury loaf, pork	36.00	20.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	36.00	101.00
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	36.00	115.00
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	36.00	44.00
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	36.00	68.00
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	36.00	67.00
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	36.00	46.00
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	36.00	63.00
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	36.00	73.00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	36.00	12.00
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	36.00	21.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	36.00	20.00
11130	Carrots, frozen, unprepared	36.00	12.00
11253	Lettuce, green leaf, raw	36.00	13.00
11289	Onions, frozen, whole, unprepared	36.00	10.00
11298	Parsnips, raw	36.00	29.00
11316	Peas, mature seeds, sprouted, raw	36.00	56.00
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	36.00	14.00
11546	Tomato products, canned, paste, without salt added	36.00	42.00
11671	Potatoes, o'brien, home-prepared	36.00	18.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	36.00	20.00
11980	Peppers, chili, green, canned	36.00	4.00
12001	Seeds, breadfruit seeds, raw	36.00	54.00
15081	Fish, salmon, coho, wild, raw	36.00	31.00
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	36.00	43.00
16164	MORI-NU, Tofu, silken, lite firm	36.00	10.00
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	36.00	43.00
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	36.00	--
17175	Game meat, muskrat, cooked, roasted	36.00	26.00
18078	Bread, whole-wheat, prepared from recipe, toasted	36.00	89.00
18213	Cookies, vanilla wafers, higher fat	36.00	12.00
18235	Crackers, whole-wheat	36.00	110.00
18237	Cream puff shell, prepared from recipe	36.00	12.00
18284	Muffins, wheat bran, dry mix	36.00	87.00
18400	Crackers, matzo, egg and onion	36.00	30.00
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	36.00	--
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	36.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
19069	Candies, NESTLE, BUTTERFINGER Bar	36.00	48.00
19076	Candies, caramels, chocolate-flavor roll	36.00	22.00
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	36.00	35.00
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	36.00	35.00
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	36.00	35.00
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	36.00	60.00
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	36.00	1.00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	36.00	56.00
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	36.00	84.00
35202	Raspberries, wild (Northern Plains Indians)	36.00	26.00
36021	APPLEBEE'S, coleslaw	36.00	10.00
36620	Restaurant, Chinese, shrimp and vegetables	36.00	16.00
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	36.00	5.00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	36.00	5.00
42230	Salad Dressing, coleslaw dressing, reduced fat	36.00	5.00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	35.00	23.00
06002	Soup, black bean, canned, condensed	35.00	33.00
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	35.00	19.00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	35.00	99.00
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	35.00	88.00
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	35.00	110.00
08608	Cereals ready-to-eat, KASHI Berry Blossom	35.00	87.00
09089	Figs, raw	35.00	17.00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	35.00	17.00
11039	Lima beans, immature seeds, frozen, baby, unprepared	35.00	50.00
11114	Cabbage, savoy, raw	35.00	28.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	35.00	11.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	35.00	13.00
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	35.00	19.00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	35.00	20.00
11517	Sweet potato, frozen, cooked, baked, without salt	35.00	21.00
11760	Carrots, frozen, cooked, boiled, drained, with salt	35.00	11.00
11877	Sweet potato, frozen, cooked, baked, with salt	35.00	21.00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	35.00	19.00
12204	Nuts, chestnuts, japanese, roasted	35.00	64.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	35.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15074	Fish, sablefish, raw	35.00	55.00
16018	Beans, black turtle, mature seeds, canned	35.00	--
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	35.00	42.00
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	35.00	27.00
16069	Lentils, raw	35.00	47.00
16150	Peanut butter, smooth, reduced fat	35.00	170.00
16171	Refried beans, canned, vegetarian	35.00	38.00
16316	Beans, black, mature seeds, canned, low sodium	35.00	--
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	35.00	27.00
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	35.00	--
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	35.00	--
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	35.00	27.00
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	35.00	39.00
18183	Cookies, oatmeal, refrigerated dough, baked	35.00	32.00
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	35.00	13.00
18245	Danish pastry, cheese	35.00	15.00
18537	ARCHWAY Home Style Cookies, Oatmeal	35.00	--
18541	ARCHWAY Home Style Cookies, Peanut Butter	35.00	--
18940	Muffin, blueberry, commercially prepared, low-fat	35.00	10.00
18969	Cream puff, eclair, custard or cream filled, iced	35.00	10.00
18973	Focaccia, Italian flatbread, plain	35.00	20.00
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	35.00	7.00
19186	Desserts, apple crisp, prepared-from-recipe	35.00	8.00
19367	Toppings, nuts in syrup	35.00	54.00
19423	Snacks, potato chips, fat-free, made with olestra	35.00	69.00
19437	Snacks, potato chips, fat free, salted	35.00	70.00
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	35.00	87.00
20012	Bulgur, dry	35.00	164.00
20070	Triticale flour, whole-grain	35.00	153.00
20109	Noodles, egg, dry, enriched	35.00	58.00
20114	Noodles, japanese, soba, dry	35.00	95.00
20409	Noodles, egg, dry, unenriched	35.00	58.00
21254	BURGER KING, DOUBLE WHOPPER, no cheese	35.00	18.00
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	35.00	18.00
21407	MCDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	35.00	--
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	35.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
22247	Macaroni and Cheese, canned entree	35.00	9.00
28290	Cookie, with peanut butter filling, chocolate-coated	35.00	17.00
32011	Yellow rice with seasoning, dry packet mix, unprepared	35.00	112.00
32025	Dumpling, potato- or cheese-filled, frozen	35.00	16.00
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	35.00	61.00
43128	Chicken, meatless	35.00	17.00
18156	Cookies, fudge, cake-type (includes trolley cakes)	34.00	32.00
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	34.00	12.00
19085	Candies, confectioner's coating, butterscotch	34.00	5.00
19124	Baking chocolate, mexican, squares	34.00	95.00
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	34.00	--
19383	Candies, toffee, prepared-from-recipe	34.00	4.00
20075	Wheat, soft white	34.00	90.00
20076	Wheat, durum	34.00	144.00
20080	Wheat flour, whole-grain	34.00	137.00
20105	Macaroni, vegetable, enriched, dry	34.00	46.00
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	34.00	18.00
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	34.00	27.00
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	34.00	24.00
21610	School Lunch, chicken patty, whole grain breaded	34.00	26.00
22917	Burrito, beef and bean, frozen	34.00	32.00
22953	Egg rolls, pork, refrigerated, heated	34.00	20.00
22969	Chili with beans, microwavable bowls	34.00	25.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	34.00	22.00
31036	Potatoes, mashed, ready-to-eat	34.00	14.00
36019	APPLEBEE'S, chili	34.00	18.00
36025	CRACKER BARREL, coleslaw	34.00	11.00
36035	Restaurant, family style, coleslaw	34.00	10.00
36037	Restaurant, family style, chili with meat and beans	34.00	18.00
43017	Salad dressing, green goddess, regular	34.00	7.00
03021	Babyfood, meat, meat sticks, junior	34.00	11.00
05356	Chicken, broiler, rotisserie, BBQ, skin	34.00	22.00
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	34.00	42.00
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	34.00	74.00
09148	Kiwifruit, green, raw	34.00	17.00
09259	Pears, dried, sulfured, uncooked	34.00	33.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	34.00	23.00
11031	Lima beans, immature seeds, raw	34.00	58.00
11108	Butterbur, canned	34.00	2.00
11364	Potatoes, baked, skin, without salt	34.00	43.00
11533	Tomatoes, red, ripe, canned, stewed	34.00	12.00
11693	Tomatoes, crushed, canned	34.00	20.00
11830	Potatoes, baked, skin only, with salt	34.00	43.00
15044	Fish, ling, raw	34.00	63.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	34.00	27.00
15095	Fish, shark, mixed species, raw	34.00	49.00
16006	Beans, baked, canned, plain or vegetarian	34.00	27.00
16021	Beans, cranberry (roman), mature seeds, canned	34.00	32.00
16029	Beans, kidney, all types, mature seeds, canned	34.00	27.00
16172	Refried beans, canned, fat-free	34.00	38.00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	34.00	25.00
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	34.00	20.00
18077	Bread, whole-wheat, prepared from recipe	33.00	81.00
18110	Cake, fruitcake, commercially prepared	33.00	16.00
19117	Candies, halavah, plain	33.00	218.00
19913	Candies, NESTLE, BUTTERFINGER Crisp	33.00	89.00
20004	Barley, hulled	33.00	133.00
20040	Rice, brown, medium-grain, raw	33.00	143.00
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	33.00	25.00
22899	Ravioli, cheese-filled, canned	33.00	15.00
22904	Chili con carne with beans, canned entree	33.00	28.00
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	33.00	107.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	33.00	15.00
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	33.00	16.00
43130	Frankfurter, meatless	33.00	18.00
01076	Milk substitutes, fluid, with lauric acid oil	33.00	6.00
04705	Salad dressing, caesar, fat-free	33.00	4.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	33.00	22.00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	33.00	19.00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	33.00	23.00
05668	Ground turkey, 85% lean, 15% fat, raw	33.00	19.00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	33.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
06026	Soup, chili beef, canned, condensed	33.00	19.00
06150	Sauce, barbecue	33.00	13.00
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	33.00	--
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	33.00	68.00
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	33.00	67.00
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	33.00	11.00
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	33.00	136.00
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	33.00	90.00
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	33.00	75.00
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	33.00	73.00
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	33.00	61.00
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	33.00	83.00
09084	Currants, red and white, raw	33.00	13.00
09159	Limes, raw	33.00	6.00
09165	Litchis, dried	33.00	42.00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	33.00	20.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	33.00	24.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	33.00	23.00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	33.00	13.00
11118	Cabbage, kimchi	33.00	14.00
11124	Carrots, raw	33.00	12.00
11251	Lettuce, cos or romaine, raw	33.00	14.00
11257	Lettuce, red leaf, raw	33.00	12.00
11482	Squash, winter, acorn, raw	33.00	32.00
11506	Sweet potato leaves, cooked, steamed, without salt	33.00	48.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	33.00	10.00
11565	Turnips, cooked, boiled, drained, without salt	33.00	9.00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	33.00	13.00
11874	Sweet potato leaves, cooked, steamed, with salt	33.00	48.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	33.00	10.00
11965	Cauliflower, green, raw	33.00	20.00
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	33.00	17.00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	33.00	11.00
15165	Mollusks, mussel, blue, cooked, moist heat	33.00	37.00
15223	Fish, whitefish, mixed species, cooked, dry heat	33.00	42.00
15227	Crustaceans, crab, queen, cooked, moist heat	33.00	63.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16123	Soy sauce made from soy and wheat (shoyu)	33.00	74.00
16173	Frijoles rojos volteados (Refried beans, red, canned)	33.00	36.00
16202	PACE, Traditional Refried Beans	33.00	--
16203	PACE, Salsa Refried Beans	33.00	--
16204	PACE, Spicy Jalapeno Refried Beans	33.00	--
16513	WORTHINGTON FriChik Original, canned, unprepared	33.00	--
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	33.00	25.00
18071	Bread, white, prepared from recipe, made with nonfat dry milk	32.00	17.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	32.00	20.00
18325	Pie, pecan, prepared from recipe	32.00	26.00
18339	Popovers, dry mix, enriched	32.00	25.00
18447	Popovers, dry mix, unenriched	32.00	25.00
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	32.00	--
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	32.00	--
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	32.00	40.00
19014	Snacks, fruit leather, rolls	32.00	20.00
19016	Snacks, granola bars, hard, almond	32.00	81.00
19042	Snacks, potato chips, barbecue-flavor	32.00	58.00
19080	Candies, semisweet chocolate	32.00	115.00
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	32.00	20.00
19701	Candies, semisweet chocolate, made with butter	32.00	115.00
20074	Wheat, hard white	32.00	93.00
20130	Barley flour or meal	32.00	96.00
21313	McDONALD'S, Hot Mustard Sauce	32.00	24.00
21422	KFC, Popcorn Chicken	32.00	28.00
21611	School Lunch, chicken nuggets, whole grain breaded	32.00	24.00
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	32.00	--
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	32.00	20.00
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	32.00	--
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	32.00	--
28329	Cookies, chocolate, made with rice cereal	32.00	38.00
32000	Rice and vermicelli mix, beef flavor, unprepared	32.00	34.00
36028	DENNY'S, coleslaw	32.00	9.00
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	32.00	19.00
43046	Candies, nougat, with almonds	32.00	--
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	32.00	23.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
01107	Milk, human, mature, fluid	32.00	3.00
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	32.00	8.00
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	32.00	9.00
03114	Babyfood, vegetable, butternut squash and corn	32.00	26.00
03214	Babyfood, cookies, arrowroot	32.00	22.00
03226	Babyfood, dessert, fruit pudding, orange, strained	32.00	5.00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	32.00	23.00
05236	Turkey, young hen, skin only, cooked, roasted	32.00	15.00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	32.00	24.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	32.00	24.00
06007	Soup, bean with ham, canned, chunky, ready-to-serve	32.00	19.00
06010	Soup, cream of celery, canned, condensed	32.00	5.00
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	32.00	--
06175	Sauce, hoisin, ready-to-serve	32.00	24.00
06176	Sauce, oyster, ready-to-serve	32.00	4.00
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	32.00	--
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	32.00	--
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	32.00	--
06990	HEALTHY REQUEST, Minestrone Soup, condensed	32.00	--
07919	Sausage, turkey, breakfast links, mild	32.00	16.00
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	32.00	124.00
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	32.00	65.00
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	32.00	86.00
10132	Pork, cured, feet, pickled	32.00	11.00
11001	Alfalfa seeds, sprouted, raw	32.00	27.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	32.00	74.00
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	32.00	10.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	32.00	11.00
11567	Turnips, frozen, cooked, boiled, drained, without salt	32.00	14.00
11672	Potato pancakes	32.00	36.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	32.00	74.00
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	32.00	10.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	32.00	14.00
11960	Carrots, baby, raw	32.00	10.00
11967	Cauliflower, green, cooked, no salt added	32.00	19.00
11968	Cauliflower, green, cooked, with salt	32.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	32.00	30.00
14168	Beverages, Carob-flavor beverage mix, powder	32.00	5.00
15021	Fish, croaker, Atlantic, cooked, breaded and fried	32.00	42.00
15101	Fish, snapper, mixed species, raw	32.00	--
15175	Mollusks, squid, mixed species, raw	32.00	33.00
16162	MORI-NU, Tofu, silken, firm	32.00	27.00
17108	Veal, loin, separable lean only, cooked, braised	32.00	27.00
18157	Cookies, chocolate wafers	31.00	53.00
18182	Cookies, oatmeal, refrigerated dough	31.00	28.00
18216	Crackers, crispbread, rye	31.00	78.00
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	31.00	11.00
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	31.00	16.00
21416	POPEYES, Coleslaw	31.00	7.00
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	31.00	22.00
42286	Babyfood, green beans and turkey, strained	31.00	22.00
43027	Jellies, no sugar (with sodium saccharin), any flavors	31.00	4.00
43112	Beans, chili, barbecue, ranch style, cooked	31.00	45.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	31.00	9.00
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	31.00	16.00
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	31.00	19.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	31.00	29.00
06158	Soup, tomato bisque, canned, condensed	31.00	7.00
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	31.00	--
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	31.00	--
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	31.00	--
06404	Soup, bean with pork, canned, prepared with equal volume water	31.00	17.00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	31.00	21.00
07937	Bologna, pork, turkey and beef	31.00	14.00
08546	Rice and Wheat cereal bar	31.00	46.00
09423	Prune puree	31.00	--
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	31.00	19.00
10192	Pork, fresh, backribs, separable lean and fat, raw	31.00	16.00
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	31.00	28.00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	31.00	22.00
11126	Carrots, canned, regular pack, solids and liquids	31.00	9.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	31.00	17.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11758	Carrots, canned, no salt added, solids and liquids	31.00	9.00
12202	Nuts, chestnuts, japanese, raw	31.00	49.00
15049	Fish, mackerel, king, raw	31.00	32.00
15056	Fish, mullet, striped, cooked, dry heat	31.00	33.00
15155	Mollusks, abalone, mixed species, raw	31.00	48.00
16161	MORI-NU, Tofu, silken, soft	31.00	29.00
16163	MORI-NU, Tofu, silken, extra firm	31.00	27.00
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	31.00	--
16201	Campbell's Pork and Beans	31.00	--
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	31.00	22.00
18082	Bread stuffing, bread, dry mix, prepared	30.00	11.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	30.00	31.00
18193	Cookies, shortbread, commercially prepared, pecan	30.00	18.00
18240	Croissants, apple	30.00	13.00
18346	Rolls, dinner, rye	30.00	54.00
18375	Leavening agents, yeast, baker's, active dry	30.00	54.00
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	30.00	25.00
19041	Snacks, pork skins, plain	30.00	11.00
19136	Candies, HERSHEY'S SKOR Toffee Bar	30.00	10.00
19164	Candies, SPECIAL DARK Chocolate Bar	30.00	31.00
20127	Spaghetti, spinach, cooked	30.00	62.00
21127	Fast foods, coleslaw	30.00	8.00
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	30.00	25.00
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	30.00	20.00
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	30.00	21.00
22911	Chili, no beans, canned entree	30.00	20.00
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	30.00	20.00
43539	Babyfood, dessert, banana yogurt, strained	30.00	10.00
01241	Ice cream sandwich, made with light ice cream, vanilla	30.00	10.00
03303	Babyfood, dinner, sweet potatoes and chicken, strained	30.00	13.00
04073	Margarine, regular, hard, soybean (hydrogenated)	30.00	3.00
04636	Salad dressing, italian dressing, fat-free	30.00	5.00
06164	Sauce, salsa, ready-to-serve	30.00	15.00
06963	Fish broth	30.00	1.00
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	30.00	82.00
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.00	67.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	30.00	77.00
09433	Clementines, raw	30.00	10.00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	30.00	18.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	30.00	21.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	30.00	42.00
11115	Cabbage, savoy, cooked, boiled, drained, without salt	30.00	24.00
11125	Carrots, cooked, boiled, drained, without salt	30.00	10.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	30.00	14.00
11362	Potatoes, raw, skin	30.00	23.00
11439	Sauerkraut, canned, solids and liquids	30.00	13.00
11507	Sweet potato, raw, unprepared	30.00	25.00
11514	Sweet potato, canned, mashed	30.00	24.00
11564	Turnips, raw	30.00	11.00
11620	Drumstick pods, raw	30.00	45.00
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	30.00	42.00
11753	Cabbage, savoy, cooked, boiled, drained, with salt	30.00	24.00
11757	Carrots, cooked, boiled, drained, with salt	30.00	10.00
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	30.00	14.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	30.00	--
16424	Soy sauce made from soy and wheat (shoyu), low sodium	30.00	69.00
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	30.00	--
17126	Veal, shoulder, arm, separable lean only, cooked, braised	30.00	--
18151	Cookies, brownies, commercially prepared	29.00	31.00
18155	Cookies, butter, commercially prepared, enriched	29.00	12.00
18313	Pie, coconut creme, commercially prepared	29.00	20.00
18421	Cookies, butter, commercially prepared, unenriched	29.00	12.00
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	29.00	21.00
18535	ARCHWAY Home Style Cookies, Molasses	29.00	--
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	29.00	23.00
19007	Snacks, corn-based, extruded, onion-flavor	29.00	28.00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	29.00	45.00
20005	Barley, pearled, raw	29.00	79.00
20072	Wheat, hard red winter	29.00	126.00
20124	Pasta, whole-wheat, dry	29.00	128.00
21059	Fast foods, shrimp, breaded and fried	29.00	16.00
21311	MCDONALD'S, Creamy Ranch Sauce	29.00	3.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	29.00	23.00
22912	Spaghetti, with meatballs in tomato sauce, canned	29.00	13.00
22979	KASHI Black Bean Mango, frozen, unprepared	29.00	--
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	29.00	6.00
23506	USDA Commodity, beef patties with VPP, frozen, raw	29.00	36.00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	29.00	24.00
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	29.00	11.00
32018	Spanish rice mix, dry mix, unprepared	29.00	37.00
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	29.00	19.00
35147	Tamales (Navajo)	29.00	22.00
43137	Vegetarian meatloaf or patties	29.00	18.00
05156	Pheasant, leg, meat only, raw	29.00	20.00
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	29.00	24.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	29.00	25.00
06483	Soup, cream of chicken, dry, mix, prepared with water	29.00	2.00
06498	Soup, tomato, dry, mix, prepared with water	29.00	10.00
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	29.00	--
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	29.00	81.00
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	29.00	100.00
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	29.00	75.00
08610	Cereals ready-to-eat, KASHI Honey Sunshine	29.00	79.00
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	29.00	106.00
09042	Blackberries, raw	29.00	20.00
09048	Blackberries, frozen, unsweetened	29.00	22.00
11050	Beans, shellie, canned, solids and liquids	29.00	15.00
11054	Beans, snap, green, canned, regular pack, solids and liquids	29.00	13.00
11487	Squash, winter, butternut, frozen, unprepared	29.00	14.00
11970	Cabbage, napa, cooked	29.00	8.00
12094	Nuts, chestnuts, chinese, dried	29.00	137.00
12167	Nuts, chestnuts, european, roasted	29.00	33.00
15123	Fish, tuna, fresh, skipjack, raw	29.00	34.00
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	29.00	36.00
15225	Fish, yellowtail, mixed species, cooked, dry heat	29.00	38.00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	29.00	30.00
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	29.00	53.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	29.00	35.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	29.00	30.00
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	29.00	53.00
16403	Refried beans, canned, traditional, reduced sodium	29.00	35.00
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	29.00	28.00
17198	Veal, variety meats and by-products, kidneys, cooked, braised	29.00	24.00
18164	Cookies, chocolate chip, refrigerated dough, baked	28.00	27.00
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	28.00	--
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	28.00	--
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.00	30.00
20044	Rice, white, long-grain, regular, raw, enriched	28.00	25.00
20087	Wheat, sprouted	28.00	82.00
20444	Rice, white, long-grain, regular, raw, unenriched	28.00	25.00
21420	KFC, Coleslaw	28.00	9.00
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	28.00	6.00
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	28.00	--
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	28.00	23.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	28.00	18.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.00	23.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.00	23.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.00	23.00
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	28.00	15.00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	28.00	35.00
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	28.00	21.00
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	28.00	2.00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	28.00	2.00
43142	Radishes, hawaiian style, pickled	28.00	8.00
43523	Babyfood, mixed fruit yogurt, strained	28.00	4.00
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.00	10.00
03201	Babyfood, cereal, egg yolks and bacon, junior	28.00	5.00
03283	Babyfood, vegetables, garden vegetable, strained	28.00	21.00
04639	Salad dressing, ranch dressing, regular	28.00	5.00
05306	Ground turkey, cooked	28.00	30.00
05312	Chicken, wing, frozen, glazed, barbecue flavored	28.00	20.00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	28.00	21.00
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	28.00	8.00
06040	Soup, minestrone, canned, condensed	28.00	6.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
07013	Bratwurst, pork, cooked	28.00	21.00
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	28.00	86.00
08157	Cereals ready-to-eat, wheat, puffed, fortified	28.00	145.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	28.00	86.00
09090	Figs, canned, water pack, solids and liquids	28.00	10.00
09246	Peaches, dried, sulfured, uncooked	28.00	42.00
09299	Raisins, seeded	28.00	30.00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	28.00	24.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	28.00	18.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	28.00	26.00
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	28.00	34.00
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	28.00	56.00
11643	Squash, winter, all varieties, raw	28.00	14.00
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	28.00	34.00
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	28.00	56.00
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.00	23.00
14368	Beverages, tea, instant, lemon, unsweetened	28.00	139.00
15057	Fish, ocean perch, Atlantic, raw	28.00	23.00
15191	Fish, butterfish, cooked, dry heat	28.00	32.00
15207	Fish, roe, mixed species, cooked, dry heat	28.00	26.00
15210	Fish, salmon, chinook, cooked, dry heat	28.00	122.00
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	28.00	52.00
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	28.00	45.00
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	28.00	52.00
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	28.00	45.00
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	28.00	45.00
16532	WORTHINGTON Prosage Roll, frozen, unprepared	28.00	--
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	28.00	26.00
17105	Veal, loin, separable lean and fat, cooked, braised	28.00	24.00
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	28.00	29.00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	28.00	24.00
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	28.00	24.00
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	28.00	21.00
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	28.00	22.00
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	28.00	20.00
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	28.00	21.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
02069	Vinegar, balsamic	27.00	12.00
03068	Babyfood, dinner, chicken noodle, strained	27.00	14.00
03073	Babyfood, dinner, vegetables chicken, strained	27.00	14.00
03084	Babyfood, dinner, vegetables and turkey, strained	27.00	13.00
03093	Babyfood, green beans, dices, toddler	27.00	19.00
03199	Babyfood, cereal, with eggs, strained	27.00	3.00
03274	Babyfood, dinner, vegetables and chicken, junior	27.00	8.00
04023	Salad dressing, thousand island dressing, reduced fat	27.00	7.00
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	27.00	13.00
05088	Chicken, broilers or fryers, neck, meat only, raw	27.00	17.00
06046	Soup, cream of onion, canned, condensed	27.00	5.00
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	27.00	18.00
07002	Beerwurst, beer salami, pork and beef	27.00	19.00
07931	Beerwurst, pork and beef	27.00	19.00
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	27.00	51.00
09057	Boysenberries, frozen, unsweetened	27.00	16.00
09091	Figs, canned, light syrup pack, solids and liquids	27.00	10.00
09092	Figs, canned, heavy syrup pack, solids and liquids	27.00	10.00
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	27.00	38.00
09265	Persimmons, native, raw	27.00	--
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	27.00	19.00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	27.00	26.00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	27.00	20.00
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	27.00	8.00
11305	Peas, green, cooked, boiled, drained, without salt	27.00	39.00
11322	Peas and carrots, frozen, unprepared	27.00	18.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	27.00	66.00
11430	Radishes, oriental, raw	27.00	16.00
11510	Sweet potato, cooked, boiled, without skin	27.00	18.00
11581	Vegetables, mixed, canned, drained solids	27.00	16.00
11637	Radishes, white icicle, raw	27.00	9.00
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	27.00	24.00
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	27.00	8.00
11811	Peas, green, cooked, boiled, drained, with salt	27.00	39.00
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	27.00	24.00
11876	Sweet potato, cooked, boiled, without skin, with salt	27.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
12097	Nuts, chestnuts, european, raw, unpeeled	27.00	32.00
12114	Nuts, coconut meat, dried (desiccated), toasted	27.00	92.00
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	27.00	22.00
15031	Fish, grouper, mixed species, raw	27.00	31.00
15145	Crustaceans, crayfish, mixed species, wild, raw	27.00	--
16004	Yokan, prepared from adzuki beans and sugar	27.00	18.00
16015	Beans, black, mature seeds, cooked, boiled, without salt	27.00	70.00
16081	Mung beans, mature seeds, cooked, boiled, without salt	27.00	48.00
16315	Beans, black, mature seeds, cooked, boiled, with salt	27.00	70.00
16381	Mung beans, mature seeds, cooked, boiled, with salt	27.00	48.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	27.00	24.00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	27.00	11.00
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	27.00	18.00
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	27.00	20.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	27.00	25.00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	27.00	25.00
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	27.00	--
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	27.00	25.00
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	27.00	24.00
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	27.00	18.00
17285	Lamb, Australian, imported, fresh, separable fat, cooked	27.00	12.00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	27.00	23.00
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	27.00	25.00
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	27.00	21.00
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27.00	18.00
18209	Cookies, sugar wafers with creme filling, regular	27.00	16.00
18210	Cookies, vanilla sandwich with creme filling	27.00	14.00
18224	Crackers, rusk toast	27.00	36.00
18963	Garlic bread, frozen	27.00	23.00
19047	Snacks, pretzels, hard, plain, salted	27.00	29.00
19148	Candies, peanut brittle, prepared-from-recipe	27.00	42.00
20073	Wheat, soft red winter	27.00	126.00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	27.00	104.00
20140	Spelt, uncooked	27.00	136.00
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	27.00	24.00
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	27.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	27.00	22.00
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	27.00	86.00
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	27.00	28.00
43536	Babyfood, dessert, peach yogurt	27.00	13.00
44158	Pie fillings, blueberry, canned	27.00	10.00
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	26.00	11.00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	26.00	12.00
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	26.00	19.00
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	26.00	25.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	26.00	18.00
07041	Liver sausage, liverwurst, pork	26.00	12.00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	26.00	41.00
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	26.00	18.00
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	26.00	81.00
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	26.00	13.00
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	26.00	81.00
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	26.00	46.00
09093	Figs, canned, extra heavy syrup pack, solids and liquids	26.00	10.00
09150	Lemons, raw, without peel	26.00	8.00
09167	Loganberries, frozen	26.00	21.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	26.00	25.00
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	26.00	23.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	26.00	21.00
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	26.00	17.00
11100	Brussels sprouts, frozen, unprepared	26.00	20.00
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	26.00	18.00
11142	Celeriac, cooked, boiled, drained, without salt	26.00	12.00
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	26.00	55.00
11218	Gourd, white-flowered (calabash), raw	26.00	11.00
11255	Lotus root, cooked, boiled, drained, without salt	26.00	22.00
11258	Mountain yam, hawaii, raw	26.00	12.00
11424	Pumpkin, canned, without salt	26.00	23.00
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	26.00	--
11659	Sweet potato, cooked, candied, home-prepared	26.00	13.00
11660	Tomatoes, red, ripe, cooked, stewed	26.00	15.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	26.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11763	Celeriac, cooked, boiled, drained, with salt	26.00	12.00
11796	Lotus root, cooked, boiled, drained, with salt	26.00	22.00
11846	Pumpkin, canned, with salt	26.00	23.00
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	26.00	--
11932	Beans, snap, yellow, canned, regular pack, drained solids	26.00	13.00
11933	Beans, snap, yellow, canned, no salt added, drained solids	26.00	13.00
12108	Nuts, coconut meat, dried (desiccated), not sweetened	26.00	90.00
12140	Nuts, formulated, wheat-based, unflavored, with salt added	26.00	58.00
12177	Nuts, coconut meat, dried (desiccated), creamed	26.00	92.00
13019	Beef, retail cuts, separable fat, raw	26.00	5.00
15014	Fish, cisco, smoked	26.00	17.00
15026	Fish, eel, mixed species, cooked, dry heat	26.00	--
15078	Fish, salmon, chinook, raw	26.00	95.00
15112	Fish, tilefish, raw	26.00	28.00
15113	Fish, tilefish, cooked, dry heat	26.00	33.00
15130	Fish, whitefish, mixed species, raw	26.00	33.00
15144	Crustaceans, crab, queen, raw	26.00	49.00
15164	Mollusks, mussel, blue, raw	26.00	34.00
16054	Broadbeans (fava beans), mature seeds, canned	26.00	32.00
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	26.00	96.00
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	26.00	96.00
16531	WORTHINGTON Prosage Links, frozen, unprepared	26.00	--
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	26.00	--
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	26.00	21.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	26.00	27.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	26.00	29.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	26.00	--
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	26.00	15.00
18085	Bread stuffing, cornbread, dry mix, prepared	26.00	13.00
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	26.00	10.00
18253	Doughnuts, french crullers, glazed	26.00	12.00
18961	Crackers, cream, GAMESA SABROSAS	26.00	25.00
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	26.00	20.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	26.00	21.00
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	26.00	40.00
27049	Sauce, tartar, ready-to-serve	26.00	6.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
27051	Sauce, cocktail, ready-to-serve	26.00	17.00
27065	Dip, bean, original flavor	26.00	40.00
27068	Dip, FRITO'S, bean, original flavor	26.00	40.00
36020	T.G.I. FRIDAY'S, chicken fingers	26.00	29.00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	26.00	25.00
03215	Babyfood, pretzels	25.00	28.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	25.00	26.00
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	25.00	28.00
06039	Soup, minestrone, canned, chunky, ready-to-serve	25.00	6.00
06112	Sauce, teriyaki, ready-to-serve	25.00	61.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	25.00	61.00
07914	Sausage, Italian, sweet, links	25.00	12.00
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	25.00	59.00
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	25.00	--
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	25.00	--
09107	Gooseberries, raw	25.00	10.00
09264	Persimmons, japanese, dried	25.00	31.00
09302	Raspberries, raw	25.00	22.00
09518	Raspberries, frozen, unsweetened	25.00	22.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	25.00	23.00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	25.00	24.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	25.00	9.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	25.00	22.00
11018	Asparagus, frozen, unprepared	25.00	14.00
11128	Carrots, canned, regular pack, drained solids	25.00	8.00
11242	Kohlrabi, cooked, boiled, drained, without salt	25.00	19.00
11248	Lentils, sprouted, raw	25.00	37.00
11304	Peas, green, raw	25.00	33.00
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	25.00	11.00
11429	Radishes, raw	25.00	10.00
11583	Vegetables, mixed, frozen, unprepared	25.00	24.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	25.00	22.00
11759	Carrots, canned, no salt added, drained solids	25.00	8.00
11793	Kohlrabi, cooked, boiled, drained, with salt	25.00	19.00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	25.00	22.00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	25.00	24.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	25.00	20.00
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	25.00	20.00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	25.00	21.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	25.00	21.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	25.00	22.00
14262	Beverages, citrus fruit juice drink, frozen concentrate	25.00	20.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	25.00	22.00
15240	Fish, trout, rainbow, farmed, raw	25.00	--
15242	Crustaceans, crayfish, mixed species, farmed, raw	25.00	30.00
15274	Fish, trout, brook, raw, New York State	25.00	28.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	25.00	3.00
16120	Soymilk, original and vanilla, unfortified	25.00	--
16166	Soymilk, chocolate, unfortified	25.00	15.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	25.00	24.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	25.00	26.00
17174	Game meat, muskrat, raw	25.00	22.00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	25.00	26.00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	25.00	20.00
18180	Cookies, oatmeal, dry mix	25.00	48.00
18254	Doughnuts, yeast-leavened, with creme filling	25.00	20.00
18256	Doughnuts, yeast-leavened, with jelly filling	25.00	20.00
18271	Ice cream cones, cake or wafer-type	25.00	26.00
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	25.00	31.00
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	25.00	14.00
20071	Wheat, hard red spring	25.00	124.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	25.00	94.00
21115	Fast foods, hamburger, large, triple patty, with condiments	25.00	21.00
21143	CHICK-FIL-A, Chick-n-Strips	25.00	30.00
21245	WENDY'S, Ultimate Chicken Grill Sandwich	25.00	24.00
21421	KFC, Crispy Chicken Strips	25.00	33.00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	25.00	27.00
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	25.00	21.00
23220	Beef, ground, unspecified fat content, cooked	25.00	22.00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	25.00	24.00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	25.00	23.00
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	25.00	12.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	25.00	12.00
28286	Bread, paratha, whole wheat, commercially prepared, frozen	25.00	37.00
35183	Corn, dried, yellow (Northern Plains Indians)	25.00	149.00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	25.00	9.00
43132	Meatballs, meatless	25.00	18.00
43146	Eggplant, pickled	25.00	6.00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	25.00	26.00
43537	Babyfood, dessert, blueberry yogurt, strained	25.00	13.00
18128	Cake, snack cakes, creme-filled, sponge	24.00	8.00
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	24.00	30.00
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	24.00	16.00
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	24.00	16.00
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	24.00	11.00
18532	ARCHWAY Home Style Cookies, Iced Molasses	24.00	--
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	24.00	48.00
19081	Candies, sweet chocolate	24.00	113.00
19187	Flan, caramel custard, dry mix	24.00	0.00
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	24.00	67.00
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	24.00	67.00
19811	Snacks, potato chips, plain, unsalted	24.00	67.00
20028	Couscous, dry	24.00	44.00
20062	Rye grain	24.00	110.00
20064	Rye flour, medium	24.00	63.00
21118	Fast foods, hotdog, plain	24.00	13.00
21379	McDONALD'S, Side Salad	24.00	--
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	24.00	21.00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	24.00	22.00
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	24.00	23.00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	24.00	23.00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	24.00	23.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	24.00	23.00
25046	Snacks, bagel chips, plain	24.00	39.00
25064	Snacks, potato chips, lightly salted	24.00	62.00
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	24.00	11.00
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	24.00	11.00
36411	Restaurant, Latino, tamale, corn	24.00	29.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
43021	Salad dressing, caesar, low calorie	24.00	2.00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	24.00	25.00
01001	Butter, salted	24.00	2.00
01145	Butter, without salt	24.00	2.00
02047	Salt, table	24.00	1.00
03083	Babyfood, dinner, turkey and rice, junior	24.00	9.00
03104	Babyfood, vegetables, squash, strained	24.00	14.00
03105	Babyfood, vegetables, squash, junior	24.00	14.00
03197	Babyfood, cereal, with egg yolks, strained	24.00	3.00
03198	Babyfood, cereal, with egg yolks, junior	24.00	3.00
04120	Salad dressing, french dressing, commercial, regular	24.00	5.00
04141	Salad dressing, french dressing, commercial, regular, without salt	24.00	5.00
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	24.00	2.00
04706	Dressing, honey mustard, fat-free	24.00	13.00
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	24.00	23.00
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.00	22.00
05179	Turkey from whole, neck, meat only, raw	24.00	15.00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.00	25.00
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	24.00	--
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	24.00	--
07029	Ham, sliced, regular (approximately 11% fat)	24.00	22.00
07072	Salami, dry or hard, pork, beef	24.00	20.00
07970	Kielbasa, fully cooked, unheated	24.00	14.00
07979	Sausage, pork, turkey, and beef, reduced sodium	24.00	17.00
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	24.00	133.00
08305	Cereals ready-to-eat, Post, Waffle Crisp	24.00	72.00
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	24.00	59.00
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	24.00	50.00
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	24.00	25.00
09144	Jackfruit, raw	24.00	29.00
09290	Prunes, dehydrated (low-moisture), stewed	24.00	21.00
09321	Sugar-apples, (sweetsop), raw	24.00	21.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	24.00	25.00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	24.00	25.00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	24.00	18.00
11011	Asparagus, raw	24.00	14.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	24.00	38.00
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	24.00	11.00
11241	Kohlrabi, raw	24.00	19.00
11311	Peas, green, canned, drained solids, rinsed in tap water	24.00	18.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	24.00	22.00
11655	Carrot juice, canned	24.00	14.00
11657	Potatoes, mashed, home-prepared, whole milk added	24.00	18.00
11726	Beans, snap, green, canned, no salt added, solids and liquids	24.00	13.00
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	24.00	13.00
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	24.00	13.00
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	24.00	11.00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	24.00	22.00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	24.00	18.00
12119	Nuts, coconut water (liquid from coconuts)	24.00	25.00
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	24.00	26.00
13498	Beef, ground, 70% lean meat / 30% fat, raw	24.00	14.00
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	24.00	19.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	24.00	23.00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	24.00	21.00
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	24.00	21.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	24.00	21.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	24.00	21.00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	24.00	22.00
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	24.00	53.00
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	24.00	53.00
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	24.00	--
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	24.00	--
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	24.00	26.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	24.00	28.00
17114	Veal, rib, separable lean only, cooked, braised	24.00	26.00
17153	Game meat, beefalo, composite of cuts, cooked, roasted	24.00	--
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	24.00	--
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	24.00	33.00
18090	Cake, boston cream pie, commercially prepared	23.00	6.00
18219	Crackers, matzo, whole-wheat	23.00	134.00
18236	Cracker meal	23.00	24.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	23.00	--
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	23.00	--
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	23.00	17.00
19362	Syrups, table blends, corn, refiner, and sugar	23.00	9.00
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	23.00	--
20116	Noodles, japanese, somen, dry	23.00	28.00
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	23.00	24.00
21316	McDONALD'S, Tangy Honey Mustard Sauce	23.00	12.00
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	23.00	25.00
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	23.00	28.00
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	23.00	13.00
22989	KASHI, Red Curry Chicken, Frozen Entree	23.00	10.00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	23.00	10.00
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	23.00	22.00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	23.00	22.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	23.00	19.00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	23.00	24.00
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	23.00	22.00
25024	Pretzels, soft, unsalted	23.00	21.00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	23.00	110.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	23.00	3.00
36005	APPLEBEE'S, chicken tenders, from kids' menu	23.00	30.00
36023	APPLEBEE'S, chicken tenders platter	23.00	30.00
43109	Pretzels, soft	23.00	21.00
43214	Butter replacement, without fat, powder	23.00	0.00
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	23.00	50.00
01002	Butter, whipped, with salt	23.00	1.00
03100	Babyfood, vegetables, carrots, junior	23.00	11.00
06001	Soup, cream of asparagus, canned, condensed	23.00	3.00
06149	Soup, chicken mushroom, canned, condensed	23.00	7.00
06619	SMART SOUP, Santa Fe Corn Chowder	23.00	--
06620	SMART SOUP, French Lentil	23.00	--
06623	SMART SOUP, Moroccan Chick Pea	23.00	--
06625	SMART SOUP, Vietnamese Carrot Lemongrass	23.00	--
07912	Roast beef spread	23.00	24.00
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	23.00	12.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	23.00	74.00
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	23.00	27.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	23.00	26.00
11012	Asparagus, cooked, boiled, drained	23.00	14.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	23.00	50.00
11282	Onions, raw	23.00	10.00
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	23.00	18.00
11318	Peas and carrots, canned, regular pack, solids and liquids	23.00	14.00
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	23.00	16.00
11326	Peas and onions, frozen, unprepared	23.00	21.00
11492	Squash, winter, spaghetti, raw	23.00	12.00
11566	Turnips, frozen, unprepared	23.00	10.00
11632	Peppers, jalapeno, canned, solids and liquids	23.00	15.00
11705	Asparagus, cooked, boiled, drained, with salt	23.00	14.00
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	23.00	50.00
11816	Peas and carrots, canned, no salt added, solids and liquids	23.00	14.00
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	23.00	16.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	23.00	21.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	23.00	12.00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	23.00	22.00
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	23.00	20.00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	23.00	22.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	23.00	21.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	23.00	20.00
15030	Fish, gefiltefish, commercial, sweet recipe	23.00	9.00
15050	Fish, mackerel, Pacific and jack, mixed species, raw	23.00	28.00
15135	Fish, yellowtail, mixed species, raw	23.00	30.00
15222	Fish, turbot, european, cooked, dry heat	23.00	65.00
15268	Fish, cod, Pacific, raw (not previously frozen)	23.00	28.00
16104	Bacon, meatless	23.00	19.00
16524	WORTHINGTON Veja-Links, canned, unprepared	23.00	--
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	23.00	13.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	23.00	6.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	23.00	19.00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	23.00	32.00
17131	Veal, shoulder, blade chop, separable lean only, raw	23.00	33.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	23.00	25.00
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	23.00	20.00
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	23.00	20.00
18080	Bread sticks, plain	22.00	32.00
18319	Pie, fried pies, fruit	22.00	10.00
18322	Pie, mince, prepared from recipe	22.00	14.00
18324	Pie, pecan, commercially prepared	22.00	--
18444	Pie, fried pies, cherry	22.00	10.00
18445	Pie, fried pies, lemon	22.00	10.00
18457	Crackers, saltines, fat-free, low-sodium	22.00	26.00
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	22.00	16.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	22.00	14.00
20138	Wheat, KAMUT khorasan, uncooked	22.00	130.00
21144	CHICK-FIL-A, hash browns	22.00	25.00
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	22.00	32.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	22.00	25.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	22.00	25.00
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	22.00	25.00
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	22.00	26.00
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	22.00	26.00
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	22.00	26.00
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	22.00	--
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	22.00	21.00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	22.00	21.00
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	22.00	27.00
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	22.00	26.00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	22.00	25.00
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	22.00	23.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	22.00	23.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	22.00	23.00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	22.00	27.00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	22.00	25.00
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	22.00	25.00
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	22.00	23.00
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	22.00	23.00
27059	Sauce, peanut, made from peanut butter, water, soy sauce	22.00	45.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
35009	Whale, beluga, meat, dried (Alaska Native)	22.00	63.00
36022	APPLEBEE'S, crunchy onion rings	22.00	17.00
36031	DENNY'S, onion rings	22.00	20.00
36414	Restaurant, Latino, tripe soup	22.00	10.00
36603	Restaurant, Chinese, beef and vegetables	22.00	15.00
42137	Salad dressing, peppercorn dressing, commercial, regular	22.00	2.00
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	22.00	15.00
03099	Babyfood, vegetables, carrots, strained	22.00	9.00
03278	Babyfood, dinner, mixed vegetable, strained	22.00	11.00
03290	Babyfood, carrots and beef, strained	22.00	13.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	22.00	25.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	22.00	23.00
06045	Soup, onion, canned, condensed	22.00	2.00
06622	SMART SOUP, Indian Bean Masala	22.00	--
06983	Soup, ramen noodle, chicken flavor, dry	22.00	25.00
07911	Liverwurst spread	22.00	12.00
07958	Turkey sausage, fresh, cooked	22.00	21.00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	22.00	31.00
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	22.00	--
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	22.00	84.00
09041	Bananas, dehydrated, or banana powder	22.00	108.00
09112	Grapefruit, raw, pink and red, all areas	22.00	9.00
09301	Rambutan, canned, syrup pack	22.00	7.00
10007	Pork, fresh, separable fat, cooked	22.00	9.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	22.00	21.00
10220	Pork, fresh, ground, cooked	22.00	24.00
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	22.00	26.00
10942	Pork, fresh, composite of separable fat, with added solution, raw	22.00	9.00
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	22.00	13.00
11088	Broadbeans, immature seeds, raw	22.00	38.00
11135	Cauliflower, raw	22.00	15.00
11137	Cauliflower, frozen, unprepared	22.00	12.00
11283	Onions, cooked, boiled, drained, without salt	22.00	11.00
11312	Peas, green, frozen, unprepared	22.00	26.00
11448	Sesbania flower, cooked, steamed, without salt	22.00	12.00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	22.00	16.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11512	Sweet potato, canned, vacuum pack	22.00	--
11644	Squash, winter, all varieties, cooked, baked, without salt	22.00	13.00
11805	Onions, cooked, boiled, drained, with salt	22.00	11.00
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	22.00	16.00
11863	Squash, winter, all varieties, cooked, baked, with salt	22.00	13.00
11889	Turnips, cooked, boiled, drained, with salt	22.00	8.00
11922	Sesbania flower, cooked, steamed, with salt	22.00	12.00
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	22.00	59.00
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	22.00	25.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	22.00	27.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	22.00	20.00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	22.00	23.00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	22.00	23.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	22.00	20.00
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	22.00	23.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	22.00	23.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	22.00	24.00
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	22.00	24.00
15007	Fish, butterfish, raw	22.00	25.00
15068	Fish, pompano, florida, raw	22.00	27.00
15072	Fish, roe, mixed species, raw	22.00	20.00
15214	Fish, seatrout, mixed species, cooked, dry heat	22.00	40.00
16003	Beans, adzuki, mature seeds, canned, sweetened	22.00	31.00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	22.00	3.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	22.00	20.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	22.00	24.00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	22.00	26.00
17111	Veal, rib, separable lean and fat, cooked, braised	22.00	25.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	22.00	23.00
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	22.00	24.00
17125	Veal, shoulder, arm, separable lean only, raw	22.00	26.00
17151	Game meat, beaver, cooked, roasted	22.00	29.00
17163	Game meat, caribou, cooked, roasted	22.00	27.00
17225	Lamb, ground, cooked, broiled	22.00	24.00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	22.00	20.00
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	22.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	22.00	34.00
18019	Bread, banana, prepared from recipe, made with margarine	21.00	14.00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	21.00	41.00
18166	Cookies, chocolate sandwich, with creme filling, regular	21.00	47.00
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	21.00	17.00
19010	Snacks, crisped rice bar, chocolate chip	21.00	48.00
19142	Candies, MOUNDS Candy Bar	21.00	55.00
19411	Snacks, potato chips, plain, salted	21.00	63.00
19414	Snacks, rice cakes, brown rice, multigrain	21.00	137.00
19416	Snacks, rice cakes, brown rice, rye	21.00	144.00
19422	Snacks, potato chips, reduced fat	21.00	89.00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	21.00	137.00
19823	Potato chips, without salt, reduced fat	21.00	89.00
20088	Wild rice, raw	21.00	177.00
20118	Noodles, flat, crunchy, Chinese restaurant	21.00	--
20120	Pasta, dry, enriched	21.00	53.00
20420	Pasta, dry, unenriched	21.00	53.00
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	21.00	52.00
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	21.00	22.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	21.00	10.00
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	21.00	26.00
23577	Beef, ground, 75% lean meat / 25% fat, raw	21.00	15.00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	21.00	25.00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	21.00	25.00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	21.00	25.00
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	21.00	24.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	21.00	22.00
32009	Pasta mix, classic beef, unprepared	21.00	39.00
36015	Restaurant, family style, chicken fingers, from kid's menu	21.00	29.00
36036	Restaurant, family style, onion rings	21.00	19.00
36623	Restaurant, Chinese, chicken chow mein	21.00	11.00
36625	Restaurant, Chinese, vegetable lo mein, without meat	21.00	14.00
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	21.00	15.00
03069	Babyfood, dinner, chicken noodle, junior	21.00	7.00
03122	Babyfood, peas, dices, toddler	21.00	19.00
03139	Babyfood, prunes, without vitamin c, strained	21.00	17.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	21.00	2.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	21.00	2.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	21.00	2.00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	21.00	2.00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	21.00	2.00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	21.00	2.00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	21.00	2.00
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	21.00	2.00
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	21.00	--
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	21.00	--
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	21.00	20.00
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	21.00	20.00
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	21.00	17.00
05170	Turkey, skin from whole (light and dark), roasted	21.00	33.00
05176	Turkey, heart, all classes, cooked, simmered	21.00	28.00
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	21.00	27.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	21.00	24.00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	21.00	25.00
05665	Ground turkey, 93% lean, 7% fat, raw	21.00	--
06049	Soup, pea, green, canned, condensed	21.00	30.00
06064	Soup, turkey, chunky, canned, ready-to-serve	21.00	10.00
06583	Soup, ramen noodle, any flavor, dry	21.00	25.00
06621	SMART SOUP, Greek Minestrone	21.00	--
06982	Soup, ramen noodle, beef flavor, dry	21.00	25.00
07007	Bologna, beef	21.00	13.00
07089	Sausage, Italian, pork, cooked	21.00	18.00
07927	Sausage, Italian, turkey, smoked	21.00	25.00
07929	Sausage, turkey, hot, smoked	21.00	25.00
09046	Blackberries, canned, heavy syrup, solids and liquids	21.00	17.00
09140	Guavas, strawberry, raw	21.00	17.00
09228	Papaya, canned, heavy syrup, drained	21.00	6.00
09293	Plums, dried (prunes), stewed, with added sugar	21.00	19.00
09313	Sapodilla, raw	21.00	12.00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	21.00	19.00
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	21.00	7.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	21.00	23.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	21.00	42.00
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	21.00	31.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	21.00	19.00
11422	Pumpkin, raw	21.00	12.00
11467	Squash, summer, crookneck and straightneck, raw	21.00	20.00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	21.00	11.00
11579	Vegetables, mixed, canned, solids and liquids	21.00	15.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	21.00	42.00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	21.00	31.00
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	21.00	11.00
11953	Squash, zucchini, baby, raw	21.00	33.00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	21.00	11.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	21.00	11.00
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	21.00	26.00
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	21.00	24.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	21.00	10.00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	21.00	23.00
14194	Beverages, Cocoa mix, powder, prepared with water	21.00	12.00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	21.00	125.00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	21.00	125.00
15017	Fish, cod, Atlantic, canned, solids and liquid	21.00	41.00
15028	Fish, flatfish (flounder and sole species), raw	21.00	18.00
15032	Fish, grouper, mixed species, cooked, dry heat	21.00	37.00
15097	Fish, sheepshead, raw	21.00	32.00
16073	Lima beans, large, mature seeds, canned	21.00	39.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	21.00	23.00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	21.00	26.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	21.00	29.00
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	21.00	22.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	21.00	25.00
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	21.00	22.00
17109	Veal, loin, separable lean only, cooked, roasted	21.00	26.00
17122	Veal, shoulder, arm, separable lean and fat, raw	21.00	25.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	21.00	22.00
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	21.00	23.00
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	21.00	25.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	21.00	26.00
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	21.00	34.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	21.00	34.00
18006	Bagels, cinnamon-raisin, toasted	20.00	23.00
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	20.00	18.00
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	20.00	--
18544	ARCHWAY Home Style Cookies, Raspberry Filled	20.00	--
18547	ARCHWAY Home Style Cookies, Strawberry Filled	20.00	--
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	20.00	15.00
18968	Bagels, wheat	20.00	51.00
19002	Snacks, beef jerky, chopped and formed	20.00	51.00
19297	Jams and preserves	20.00	4.00
19320	Puddings, banana, dry mix, regular	20.00	8.00
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	20.00	48.00
19706	Puddings, banana, dry mix, regular, with added oil	20.00	8.00
19719	Jams and preserves, apricot	20.00	4.00
20068	Tapioca, pearl, dry	20.00	1.00
20113	Noodles, chinese, chow mein	20.00	52.00
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	20.00	--
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	20.00	28.00
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	20.00	29.00
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	20.00	22.00
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	20.00	11.00
22906	Chicken pot pie, frozen entree, prepared	20.00	11.00
22986	KASHI Mayan Harvest Bake, frozen, unprepared	20.00	--
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	20.00	--
23436	Beef, New Zealand, imported, subcutaneous fat, raw	20.00	5.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	20.00	22.00
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	20.00	24.00
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	20.00	25.00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	20.00	25.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	20.00	25.00
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	20.00	25.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	20.00	24.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	20.00	23.00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	20.00	24.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	20.00	76.00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	20.00	94.00
27058	Sauce, barbecue, OPEN PIT, original	20.00	5.00
36403	Restaurant, Latino, empanadas, beef, prepared	20.00	21.00
36417	Restaurant, Mexican, spanish rice	20.00	13.00
36619	Restaurant, Chinese, kung pao chicken	20.00	24.00
36626	Restaurant, Chinese, chicken and vegetables	20.00	15.00
43060	Chewing gum, sugarless	20.00	0.00
43507	Frankfurter, low sodium	20.00	3.00
03119	Babyfood, vegetables, corn, creamed, strained	20.00	8.00
03217	Zwieback	20.00	14.00
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	20.00	8.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	20.00	2.00
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	20.00	22.00
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	20.00	24.00
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	20.00	16.00
05177	Turkey, liver, all classes, raw	20.00	24.00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	20.00	23.00
05323	Chicken patty, frozen, uncooked	20.00	25.00
06142	Sauce, sofrito, prepared from recipe	20.00	25.00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	20.00	13.00
06217	Soup, vegetable, canned, low sodium, condensed	20.00	25.00
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	20.00	16.00
06972	Sauce, tomato chili sauce, bottled, with salt	20.00	12.00
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	20.00	2.00
07039	Lebanon bologna, beef	20.00	--
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	20.00	24.00
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	20.00	43.00
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	20.00	17.00
09226	Papayas, raw	20.00	21.00
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	20.00	17.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	20.00	24.00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	20.00	24.00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	20.00	19.00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	20.00	23.00
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	20.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	20.00	22.00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	20.00	25.00
11220	Gourd, dishcloth (towelgourd), raw	20.00	14.00
11286	Onions, yellow, sauteed	20.00	9.00
11294	Onions, sweet, raw	20.00	9.00
11306	Peas, green, canned, regular pack, solids and liquids	20.00	19.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	20.00	27.00
11537	Tomatoes, red, ripe, canned, with green chilies	20.00	11.00
11621	Drumstick pods, cooked, boiled, drained, without salt	20.00	42.00
11787	Drumstick pods, cooked, boiled, drained, with salt	20.00	42.00
11813	Peas, green, canned, no salt added, drained solids	20.00	17.00
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	20.00	27.00
12128	Nuts, ginkgo nuts, dried	20.00	53.00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	20.00	14.00
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	20.00	23.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	20.00	26.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	20.00	23.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	20.00	22.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20.00	22.00
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20.00	23.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	20.00	22.00
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	20.00	23.00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	20.00	22.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	20.00	23.00
14287	Beverages, Lemonade, powder	20.00	247.00
14405	Beverages, fruit punch juice drink, frozen concentrate	20.00	11.00
15025	Fish, eel, mixed species, raw	20.00	--
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	20.00	28.00
16124	Soy sauce made from soy (tamari)	20.00	40.00
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	20.00	--
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	20.00	22.00
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	20.00	23.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	20.00	24.00
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	20.00	23.00
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	20.00	22.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	20.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	20.00	22.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	20.00	25.00
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	20.00	23.00
17276	Veal, shank (fore and hind), separable lean and fat, raw	20.00	21.00
17278	Veal, shank (fore and hind), separable lean only, raw	20.00	21.00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	20.00	18.00
18005	Bagels, cinnamon-raisin	19.00	28.00
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	19.00	17.00
18152	Cookies, brownies, dry mix, regular	19.00	40.00
18228	Crackers, saltines (includes oyster, soda, soup)	19.00	23.00
18281	Muffins, corn, toaster-type	19.00	14.00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	19.00	15.00
18374	Leavening agents, yeast, baker's, compressed	19.00	40.00
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	19.00	--
19419	Snacks, corn cakes	19.00	114.00
19800	Snacks, corn cakes, very low sodium	19.00	114.00
20047	Rice, white, long-grain, parboiled, enriched, cooked	19.00	9.00
20112	Noodles, egg, spinach, enriched, cooked	19.00	24.00
20447	Rice, white, long-grain, parboiled, unenriched, cooked	19.00	9.00
21026	Fast foods, potatoes, hash browns, round pieces or patty	19.00	21.00
21238	MCDONALD'S, french fries	19.00	37.00
21319	MCDONALD'S, Hash Brown	19.00	20.00
21324	MCDONALD'S, Baked Apple Pie	19.00	7.00
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	19.00	--
22908	Beef, corned beef hash, with potato, canned	19.00	13.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19.00	10.00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	19.00	20.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	19.00	10.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	19.00	18.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	19.00	25.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	19.00	20.00
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	19.00	25.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	19.00	25.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	19.00	25.00
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	19.00	24.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	19.00	25.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
27001	Soup, hot and sour, Chinese restaurant	19.00	9.00
27048	Sauce, steak, tomato based	19.00	17.00
28293	Cookie, butter or sugar, with chocolate icing or filling	19.00	13.00
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	19.00	40.00
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	19.00	40.00
36002	APPLEBEE'S, french fries	19.00	29.00
36007	T.G.I. FRIDAY'S, french fries	19.00	31.00
36026	CRACKER BARREL, onion rings, thick-cut	19.00	21.00
36607	CRACKER BARREL, steak fries	19.00	32.00
42316	Babyfood, carrots, toddler	19.00	6.00
03055	Babyfood, dinner, beef with vegetables	19.00	15.00
04016	Salad dressing, sesame seed dressing, regular	19.00	0.00
04022	Salad dressing, russian dressing, low calorie	19.00	0.00
05026	Chicken, heart, all classes, cooked, simmered	19.00	20.00
05178	Turkey, liver, all classes, cooked, simmered	19.00	26.00
05305	Ground turkey, raw	19.00	23.00
05324	Chicken patty, frozen, cooked	19.00	24.00
05327	Chicken breast tenders, breaded, uncooked	19.00	23.00
06017	Soup, chicken gumbo, canned, condensed	19.00	3.00
06028	Soup, clam chowder, manhattan, canned, condensed	19.00	8.00
06402	Soup, black bean, canned, prepared with equal volume water	19.00	17.00
06624	SMART SOUP, Thai Coconut Curry	19.00	--
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	19.00	2.00
07057	Pepperoni, beef and pork, sliced	19.00	18.00
07930	Yachtwurst, with pistachio nuts, cooked	19.00	--
07955	Turkey sausage, fresh, raw	19.00	--
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	19.00	22.00
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	19.00	16.00
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	19.00	36.00
09009	Apples, dehydrated (low moisture), sulfured, uncooked	19.00	22.00
09033	Apricots, dried, sulfured, stewed, without added sugar	19.00	11.00
09145	Java-plum, (jambolan), raw	19.00	15.00
09163	Blueberries, dried, sweetened	19.00	18.00
09292	Plums, dried (prunes), stewed, without added sugar	19.00	18.00
09353	Blueberries, wild, canned, heavy syrup, drained	19.00	6.00
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	19.00	5.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10001	Pork, fresh, carcass, separable lean and fat, raw	19.00	13.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	19.00	28.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	19.00	26.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	19.00	25.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	19.00	21.00
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	19.00	17.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	19.00	20.00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	19.00	21.00
10898	Pork, pickled pork hocks	19.00	6.00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	19.00	18.00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	19.00	27.00
11009	Artichokes, (globe or french), frozen, unprepared	19.00	27.00
11024	Balsam-pear (bitter gourd), pods, raw	19.00	17.00
11151	Chicory, witloof, raw	19.00	10.00
11414	Potato salad, home-prepared	19.00	15.00
11447	Sesbania flower, raw	19.00	12.00
11475	Squash, summer, scallop, raw	19.00	23.00
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	19.00	9.00
11593	Waxgourd, (chinese preserving melon), raw	19.00	10.00
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	19.00	9.00
11952	Radicchio, raw	19.00	13.00
12096	Nuts, chestnuts, chinese, roasted	19.00	90.00
12098	Nuts, chestnuts, european, raw, peeled	19.00	30.00
13020	Beef, retail cuts, separable fat, cooked	19.00	6.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	19.00	23.00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	19.00	20.00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	19.00	12.00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	19.00	21.00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	19.00	25.00
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	19.00	24.00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	19.00	23.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	19.00	11.00
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	19.00	22.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	19.00	17.00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	19.00	22.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	19.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.00	10.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	19.00	20.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	19.00	17.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	19.00	22.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	19.00	22.00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	19.00	22.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	19.00	16.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	19.00	21.00
14056	Beverages, Acai berry drink, fortified	19.00	11.00
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	19.00	43.00
15188	Fish, bass, striped, cooked, dry heat	19.00	51.00
15194	Fish, mahimahi, cooked, dry heat	19.00	38.00
16070	Lentils, mature seeds, cooked, boiled, without salt	19.00	36.00
16370	Lentils, mature seeds, cooked, boiled, with salt	19.00	36.00
16500	LOMA LINDA Little Links, canned, unprepared	19.00	--
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	19.00	9.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	19.00	28.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	19.00	23.00
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	19.00	25.00
17106	Veal, loin, separable lean and fat, cooked, roasted	19.00	25.00
17138	Veal, sirloin, separable lean only, cooked, braised	19.00	29.00
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	19.00	21.00
17212	Veal, variety meats and by-products, pancreas, raw	19.00	18.00
17284	Lamb, Australian, imported, fresh, separable fat, raw	19.00	7.00
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	19.00	17.00
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	19.00	20.00
18275	Muffins, blueberry, dry mix	18.00	13.00
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	18.00	29.00
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	18.00	29.00
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	18.00	16.00
19013	Snacks, fruit leather, pieces	18.00	14.00
19274	Snacks, fruit leather, pieces, with vitamin C	18.00	14.00
19349	Syrups, corn, dark	18.00	8.00
19400	Snacks, banana chips	18.00	76.00
19415	Snacks, potato sticks	18.00	64.00
19436	Popcorn, sugar syrup/caramel, fat-free	18.00	27.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
20008	Buckwheat	18.00	231.00
20096	Pasta, fresh-refrigerated, spinach, cooked	18.00	24.00
20133	Rice noodles, dry	18.00	12.00
21138	Fast foods, potato, french fried in vegetable oil	18.00	35.00
21139	Fast foods, potato, mashed	18.00	15.00
22401	Spaghetti with meat sauce, frozen entree	18.00	15.00
22998	Rice and vermicelli mix, chicken flavor, unprepared	18.00	31.00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	18.00	21.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	18.00	20.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	18.00	21.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	18.00	22.00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	18.00	21.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	18.00	21.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	18.00	20.00
23572	Beef, ground, 80% lean meat / 20% fat, raw	18.00	17.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	18.00	23.00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	18.00	22.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	18.00	22.00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	18.00	23.00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	18.00	23.00
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	18.00	13.00
35237	Tamales, masa and pork filling (Hopi)	18.00	35.00
36034	Restaurant, family style, chicken tenders	18.00	29.00
36401	Restaurant, Latino, chicken and rice, entree, prepared	18.00	--
43008	Babyfood, dinner, chicken and rice	18.00	8.00
43401	Beverages, coffee, instant, with whitener, reduced calorie	18.00	2.00
80200	Frog legs, raw	18.00	20.00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	18.00	9.00
03043	Babyfood, dinner, beef lasagna, toddler	18.00	11.00
03082	Babyfood, dinner, turkey and rice, strained	18.00	8.00
03121	Babyfood, vegetables, peas, strained	18.00	17.00
03297	Babyfood, dinner, apples and chicken, strained	18.00	6.00
03934	Babyfood, corn and sweet potatoes, strained	18.00	10.00
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	18.00	1.00
04145	Salad dressing, mayonnaise, soybean oil, without salt	18.00	--
05021	Chicken, broilers or fryers, giblets, cooked, fried	18.00	25.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	18.00	25.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	18.00	16.00
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	18.00	20.00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	18.00	13.00
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	18.00	21.00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	18.00	19.00
05171	Turkey, whole, giblets, raw	18.00	22.00
05172	Turkey, whole, giblets, cooked, simmered	18.00	25.00
05175	Turkey, heart, all classes, raw	18.00	21.00
06048	Soup, oyster stew, canned, condensed	18.00	4.00
06063	Soup, tomato rice, canned, condensed	18.00	4.00
06067	Soup, chunky vegetable, canned, ready-to-serve	18.00	10.00
06426	Soup, chili beef, canned, prepared with equal volume water	18.00	10.00
06631	Sauce, hot chile, sriracha	18.00	16.00
06749	Soup, beef and vegetables, canned, ready-to-serve	18.00	10.00
07036	Sausage, Italian, pork, raw	18.00	14.00
07050	Mortadella, beef, pork	18.00	11.00
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	18.00	57.00
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	18.00	61.00
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	18.00	55.00
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	18.00	78.00
09056	Boysenberries, canned, heavy syrup	18.00	11.00
09077	Crabapples, raw	18.00	7.00
09139	Guavas, common, raw	18.00	22.00
09221	Tangerine juice, raw	18.00	8.00
09223	Tangerine juice, canned, sweetened	18.00	8.00
09314	Sapote, mamey, raw	18.00	11.00
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	18.00	15.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	18.00	21.00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	18.00	20.00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	18.00	28.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	18.00	26.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	18.00	20.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	18.00	25.00
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	18.00	7.00
10174	Pork, fresh, variety meats and by-products, tail, raw	18.00	8.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11019	Asparagus, frozen, cooked, boiled, drained, without salt	18.00	10.00
11082	Beets, canned, regular pack, solids and liquids	18.00	--
11252	Lettuce, iceberg (includes crisphead types), raw	18.00	7.00
11266	Mushrooms, brown, italian, or crimini, raw	18.00	9.00
11356	Potatoes, Russet, flesh and skin, baked	18.00	30.00
11436	Rutabagas, cooked, boiled, drained, without salt	18.00	10.00
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	18.00	23.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	18.00	19.00
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	18.00	13.00
11519	Taro, cooked, without salt	18.00	30.00
11547	Tomato products, canned, puree, without salt added	18.00	23.00
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	18.00	10.00
11670	Peppers, hot chili, green, raw	18.00	25.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	18.00	10.00
11812	Peas, green, canned, no salt added, solids and liquids	18.00	17.00
11851	Rutabagas, cooked, boiled, drained, with salt	18.00	10.00
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	18.00	19.00
11878	Taro, cooked, with salt	18.00	30.00
11888	Tomato products, canned, puree, with salt added	18.00	23.00
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	18.00	10.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	18.00	9.00
12093	Nuts, chestnuts, chinese, raw	18.00	84.00
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	18.00	46.00
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	18.00	22.00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	18.00	22.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	18.00	11.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	18.00	11.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	18.00	21.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	18.00	24.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	18.00	17.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	18.00	17.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	18.00	19.00
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	18.00	19.00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	18.00	20.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	18.00	22.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	18.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	18.00	17.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	18.00	17.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	18.00	21.00
14638	Beverages, Horchata, as served in restaurant	18.00	3.00
15129	Fish, turbot, european, raw	18.00	51.00
15131	Fish, whitefish, mixed species, smoked	18.00	23.00
15199	Fish, lingcod, cooked, dry heat	18.00	33.00
15216	Fish, spot, cooked, dry heat	18.00	54.00
16510	WORTHINGTON Chili, canned, unprepared	18.00	--
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	18.00	23.00
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	18.00	26.00
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	18.00	23.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	18.00	23.00
17152	Game meat, beefalo, composite of cuts, raw	18.00	--
17181	Game meat, rabbit, wild, cooked, stewed	18.00	31.00
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	18.00	20.00
17213	Veal, variety meats and by-products, pancreas, cooked, braised	18.00	24.00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	18.00	24.00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	18.00	24.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	18.00	27.00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	18.00	15.00
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	18.00	--
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	18.00	21.00
17424	Veal, ground, cooked, pan-fried	18.00	34.00
01070	Dessert topping, powdered	17.00	7.00
03044	Babyfood, dinner, macaroni and tomato and beef, strained	17.00	12.00
03053	Babyfood, dinner, vegetables and beef, strained	17.00	10.00
03054	Babyfood, dinner, vegetables and beef, junior	17.00	10.00
03176	Babyfood, juice, orange and banana	17.00	14.00
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	17.00	3.00
03279	Babyfood, dinner, mixed vegetable, junior	17.00	13.00
04017	Salad dressing, thousand island, commercial, regular	17.00	8.00
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	17.00	25.00
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	17.00	25.00
05012	Chicken, broilers or fryers, meat only, cooked, fried	17.00	27.00
05024	Chicken, gizzard, all classes, cooked, simmered	17.00	3.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	17.00	24.00
05053	Chicken, broilers or fryers, back, meat only, raw	17.00	22.00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	17.00	20.00
05174	Turkey, gizzard, all classes, cooked, simmered	17.00	21.00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	17.00	27.00
05188	Turkey, from whole, dark meat, cooked, roasted	17.00	27.00
05193	Turkey, all classes, leg, meat and skin, raw	17.00	21.00
05216	Turkey, back, from whole bird, meat only, roasted	17.00	27.00
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	17.00	25.00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	17.00	24.00
05741	Turkey, thigh, from whole bird, meat only, roasted	17.00	27.00
06037	Soup, lentil with ham, canned, ready-to-serve	17.00	9.00
06053	Soup, cream of potato, canned, condensed	17.00	13.00
06068	Soup, vegetarian vegetable, canned, condensed	17.00	6.00
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	17.00	14.00
06341	CAMPBELL'S, Cream of Potato Soup, condensed	17.00	13.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	17.00	10.00
07953	Pork sausage, link/patty, fully cooked, microwaved	17.00	15.00
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	17.00	28.00
09053	Blueberries, wild, frozen	17.00	7.00
09059	Breadfruit, raw	17.00	25.00
09288	Prunes, canned, heavy syrup pack, solids and liquids	17.00	15.00
09334	Feijoa, raw	17.00	9.00
09436	Mango nectar, canned	17.00	3.00
09520	Kiwifruit, ZESPRI SunGold, raw	17.00	12.00
10024	Pork, fresh, loin, whole, separable lean only, raw	17.00	23.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	17.00	29.00
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	17.00	23.00
11029	Beans, kidney, mature seeds, sprouted, raw	17.00	21.00
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	17.00	9.00
11149	Chayote, fruit, raw	17.00	12.00
11287	Onions, frozen, chopped, unprepared	17.00	7.00
11324	Peas and onions, canned, solids and liquids	17.00	16.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	17.00	28.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	17.00	9.00
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	17.00	13.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11481	Squash, summer, zucchini, italian style, canned	17.00	14.00
11490	Squash, winter, hubbard, baked, without salt	17.00	22.00
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	17.00	53.00
11553	Tomato products, canned, sauce, with onions	17.00	19.00
11601	Yam, raw	17.00	21.00
11647	Sweet potato, canned, syrup pack, drained solids	17.00	12.00
11649	Tomato products, canned, sauce, spanish style	17.00	19.00
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	17.00	9.00
11850	Radishes, oriental, cooked, boiled, drained, with salt	17.00	9.00
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	17.00	13.00
11868	Squash, winter, hubbard, baked, with salt	17.00	22.00
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	17.00	53.00
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	17.00	19.00
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	17.00	21.00
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	17.00	19.00
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	17.00	22.00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	17.00	23.00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	17.00	26.00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	17.00	23.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	17.00	19.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	17.00	19.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	17.00	19.00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	17.00	19.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	17.00	19.00
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	17.00	19.00
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	17.00	20.00
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	17.00	24.00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	17.00	21.00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	17.00	21.00
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	17.00	20.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	17.00	21.00
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	17.00	23.00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	17.00	1.00
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	17.00	3.00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	17.00	3.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	17.00	33.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15093	Fish, seatrout, mixed species, raw	17.00	31.00
15105	Fish, sturgeon, mixed species, cooked, dry heat	17.00	45.00
15106	Fish, sturgeon, mixed species, smoked	17.00	47.00
15121	Fish, tuna, light, canned in water, drained solids	17.00	23.00
15128	Fish, tuna salad	17.00	19.00
15269	Fish, cod, Pacific, cooked (not previously frozen)	17.00	35.00
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	17.00	43.00
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	17.00	43.00
16125	Soy sauce made from hydrolyzed vegetable protein	17.00	29.00
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	17.00	--
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	17.00	43.00
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	17.00	--
16507	LOMA LINDA Redi-Burger, canned, unprepared	17.00	--
16508	LOMA LINDA Tender Bits, canned, unprepared	17.00	--
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	17.00	--
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	17.00	23.00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	17.00	27.00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	17.00	30.00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	17.00	21.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	17.00	19.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	17.00	27.00
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	17.00	25.00
17143	Veal, ground, cooked, broiled	17.00	24.00
17162	Game meat, caribou, raw	17.00	26.00
17169	Game meat, goat, cooked, roasted	17.00	0.00
17176	Game meat, opossum, cooked, roasted	17.00	34.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	17.00	23.00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	17.00	21.00
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	17.00	15.00
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	17.00	15.00
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	17.00	22.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	17.00	--
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	17.00	32.00
18017	Biscuits, mixed grain, refrigerated dough	17.00	30.00
18160	Cookies, chocolate chip, commercially prepared, soft-type	17.00	29.00
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	17.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
19083	Candies, sweet chocolate coated fondant	17.00	63.00
19375	Frostings, glaze, prepared-from-recipe	17.00	2.00
19401	Snacks, cornnuts, barbecue-flavor	17.00	109.00
19410	Snack, potato chips, made from dried potatoes, plain	17.00	40.00
19866	Candies, soft fruit and nut squares	17.00	25.00
20009	Buckwheat groats, roasted, dry	17.00	221.00
20066	Semolina, enriched	17.00	47.00
20137	Quinoa, cooked	17.00	64.00
20466	Semolina, unenriched	17.00	47.00
21119	Fast foods, hotdog, with chili	17.00	9.00
21249	BURGER KING, french fries	17.00	27.00
21401	Fast foods, chicken tenders	17.00	28.00
22126	LOMA LINDA Big Franks, canned, unprepared	17.00	--
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	17.00	18.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	17.00	19.00
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	17.00	25.00
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	17.00	22.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	17.00	22.00
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	17.00	25.00
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	17.00	25.00
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	17.00	26.00
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	17.00	25.00
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	17.00	25.00
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	17.00	25.00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	17.00	15.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	17.00	15.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	17.00	16.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	17.00	15.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	17.00	15.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	17.00	16.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	17.00	7.00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	17.00	21.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	17.00	22.00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	17.00	25.00
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	17.00	23.00
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	17.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	17.00	18.00
25037	Snacks, pita chips, salted	17.00	37.00
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	17.00	9.00
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	17.00	--
36014	Restaurant, family style, french fries	17.00	29.00
36030	DENNY'S, hash browns	17.00	26.00
36039	Restaurant, family style, hash browns	17.00	26.00
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	17.00	14.00
36630	Restaurant, Italian, spaghetti with meat sauce	17.00	--
43285	Eggs, scrambled, frozen mixture	17.00	10.00
43287	Dove, cooked (includes squab)	17.00	26.00
03061	Babyfood, dinner, vegetables and ham, strained	16.00	12.00
03085	Babyfood, dinner, vegetables and turkey, junior	16.00	9.00
03108	Babyfood, vegetables, sweet potatoes strained	16.00	13.00
03109	Babyfood, vegetables, sweet potatoes, junior	16.00	12.00
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	16.00	27.00
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	16.00	29.00
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	16.00	30.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	16.00	31.00
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	16.00	21.00
05173	Turkey, gizzard, all classes, raw	16.00	19.00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	16.00	25.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	16.00	21.00
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	16.00	24.00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	16.00	24.00
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	16.00	24.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	16.00	24.00
06030	Soup, clam chowder, new england, canned, condensed	16.00	13.00
06051	Soup, pea, split with ham, canned, condensed	16.00	36.00
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	16.00	--
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	16.00	--
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	16.00	14.00
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	16.00	--
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	16.00	--
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	16.00	--
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	16.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	16.00	--
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	16.00	--
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	16.00	--
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	16.00	--
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	16.00	--
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	16.00	--
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	16.00	--
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	16.00	--
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	16.00	--
06349	CAMPBELL'S Red and White, SCOOPY-DOO Soup, condensed	16.00	--
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	16.00	--
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	16.00	--
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	16.00	--
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	16.00	--
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	16.00	--
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	16.00	--
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	16.00	--
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	16.00	--
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	16.00	--
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	16.00	18.00
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	16.00	--
06410	Soup, cream of celery, canned, prepared with equal volume water	16.00	3.00
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	16.00	--
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	16.00	--
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	16.00	--
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	16.00	--
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	16.00	--
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	16.00	--
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	16.00	--
06544	CAMPBELL'S Homestyle Minestrone Soup	16.00	--
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	16.00	--
06558	Soup, tomato bisque, canned, prepared with equal volume water	16.00	4.00
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	16.00	--
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	16.00	--
06992	HEALTHY REQUEST, Vegetable Soup, condensed	16.00	--
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	16.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
07018	Chicken spread	16.00	12.00
07034	Headcheese, pork	16.00	9.00
07944	Turkey, white, rotisserie, deli cut	16.00	20.00
07967	Pork sausage, link/patty, fully cooked, unheated	16.00	13.00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	16.00	38.00
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	16.00	61.00
09063	Cherries, sour, red, raw	16.00	9.00
09109	Gooseberries, canned, light syrup pack, solids and liquids	16.00	6.00
09174	Loquats, raw	16.00	13.00
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	16.00	23.00
09260	Pears, dried, sulfured, stewed, without added sugar	16.00	--
09316	Strawberries, raw	16.00	13.00
09318	Strawberries, frozen, unsweetened	16.00	11.00
09354	Pineapple, canned, juice pack, drained	16.00	15.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	16.00	25.00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	16.00	27.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	16.00	22.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	16.00	23.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	16.00	20.00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	16.00	6.00
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	16.00	23.00
10121	Pork, fresh, variety meats and by-products, tongue, raw	16.00	18.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	16.00	23.00
11015	Asparagus, canned, drained solids	16.00	10.00
11080	Beets, raw	16.00	23.00
11081	Beets, cooked, boiled, drained	16.00	23.00
11134	Cassava, raw	16.00	21.00
11136	Cauliflower, cooked, boiled, drained, without salt	16.00	9.00
11205	Cucumber, with peel, raw	16.00	13.00
11216	Ginger root, raw	16.00	43.00
11228	Jew's ear, (pepeao), raw	16.00	25.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	16.00	6.00
11349	Poi	16.00	24.00
11477	Squash, summer, zucchini, includes skin, raw	16.00	18.00
11501	Succotash, (corn and limas), frozen, unprepared	16.00	24.00
11734	Beets, cooked, boiled. drained, with salt	16.00	23.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11761	Cauliflower, cooked, boiled, drained, with salt	16.00	9.00
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	16.00	6.00
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	16.00	37.00
12147	Nuts, pine nuts, dried	16.00	251.00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	16.00	25.00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	16.00	21.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	16.00	23.00
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	16.00	22.00
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	16.00	19.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	16.00	15.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	16.00	15.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	16.00	14.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	16.00	15.00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	16.00	15.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	16.00	14.00
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	16.00	18.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	16.00	19.00
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	16.00	19.00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	16.00	20.00
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	16.00	20.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	16.00	22.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	16.00	23.00
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	16.00	2.00
15015	Fish, cod, Atlantic, raw	16.00	32.00
15027	Fish, fish sticks, frozen, prepared	16.00	25.00
15231	Mollusks, oyster, Pacific, cooked, moist heat	16.00	44.00
16246	SILK Nog, soymilk	16.00	0.00
16506	LOMA LINDA Vege-Burger, canned, unprepared	16.00	--
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	16.00	29.00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	16.00	21.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	16.00	26.00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	16.00	24.00
17159	Game meat, boar, wild, cooked, roasted	16.00	27.00
17189	Veal, variety meats and by-products, brain, cooked, braised	16.00	--
17224	Lamb, ground, raw	16.00	21.00
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	16.00	24.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	16.00	21.00
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	16.00	24.00
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	16.00	21.00
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	16.00	19.00
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	16.00	--
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	16.00	--
18168	Cookies, chocolate sandwich, with extra creme filling	16.00	36.00
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	16.00	12.00
18960	Crackers, snack, GOYA CRACKERS	16.00	39.00
21247	WENDY'S, french fries	16.00	33.00
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	16.00	23.00
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	16.00	23.00
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	16.00	25.00
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	16.00	24.00
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	16.00	--
22952	SWANSON, Chicken and Dumplings	16.00	--
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	16.00	21.00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	16.00	24.00
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	16.00	23.00
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	16.00	23.00
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	16.00	17.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	16.00	--
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	16.00	22.00
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	16.00	15.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	16.00	15.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	16.00	15.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	16.00	15.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	16.00	15.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	16.00	15.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	16.00	11.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	16.00	10.00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	16.00	9.00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	16.00	27.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	16.00	22.00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	16.00	23.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	16.00	23.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	16.00	23.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	16.00	24.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	16.00	24.00
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	16.00	25.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	16.00	18.00
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	16.00	--
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	16.00	--
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	16.00	--
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	16.00	--
31008	CAMPBELL'S, V8 100% Vegetable Juice	16.00	--
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	16.00	--
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	16.00	--
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	16.00	--
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	16.00	--
36000	APPLEBEE'S, 9 oz house sirloin steak	16.00	24.00
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	16.00	22.00
42267	Babyfood, juice, orange-carrot	16.00	10.00
43283	Pheasant, cooked, total edible	16.00	22.00
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	15.00	11.00
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.00	10.00
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	15.00	10.00
04021	Salad dressing, italian dressing, commercial, reduced fat	15.00	4.00
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	15.00	23.00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	15.00	23.00
05013	Chicken, broilers or fryers, meat only, roasted	15.00	25.00
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	15.00	25.00
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	15.00	22.00
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	15.00	27.00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	15.00	23.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	15.00	29.00
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	15.00	19.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	15.00	21.00
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	15.00	23.00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	15.00	26.00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	15.00	22.00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	15.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
05694	Turkey, dark meat from whole, meat only, with added solution, raw	15.00	21.00
05707	Turkey, whole, meat and skin, with added solution, roasted	15.00	27.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	15.00	27.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	15.00	21.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	15.00	21.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	15.00	21.00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	15.00	29.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	15.00	29.00
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	15.00	5.00
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	15.00	--
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	15.00	--
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	15.00	--
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	15.00	--
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	15.00	--
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	15.00	--
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	15.00	--
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	15.00	--
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	15.00	16.00
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	15.00	--
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	15.00	--
07069	Salami, cooked, beef and pork	15.00	19.00
07954	Beef sausage, pre-cooked	15.00	13.00
07965	Pork sausage, link/patty, reduced fat, unprepared	15.00	18.00
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	15.00	59.00
09034	Apricots, dried, sulfured, stewed, with added sugar	15.00	--
09114	Grapefruit, raw, pink and red, Florida	15.00	8.00
09118	Grapefruit, raw, white, Florida	15.00	9.00
09119	Grapefruit, sections, canned, water pack, solids and liquids	15.00	10.00
09120	Grapefruit, sections, canned, juice pack, solids and liquids	15.00	11.00
09261	Pears, dried, sulfured, stewed, with added sugar	15.00	--
09267	Pineapple, canned, water pack, solids and liquids	15.00	18.00
09306	Raspberries, frozen, red, sweetened	15.00	13.00
09428	Rowal, raw	15.00	32.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	15.00	22.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	15.00	25.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	15.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10088	Pork, fresh, spareribs, separable lean and fat, raw	15.00	16.00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	15.00	--
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	15.00	25.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	15.00	18.00
10972	Pork, ground, 84% lean / 16% fat, raw	15.00	16.00
10973	Pork, ground, 96% lean / 4% fat, raw	15.00	19.00
11013	Asparagus, canned, regular pack, solids and liquids	15.00	9.00
11046	Beans, navy, mature seeds, sprouted, raw	15.00	101.00
11084	Beets, canned, drained solids	15.00	17.00
11239	Mushrooms, Chanterelle, raw	15.00	13.00
11310	Peas, green, canned, seasoned, solids and liquids	15.00	--
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	15.00	--
11423	Pumpkin, cooked, boiled, drained, without salt	15.00	9.00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	15.00	19.00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	15.00	23.00
11585	Vegetable juice cocktail, low sodium, canned	15.00	12.00
11641	Squash, summer, all varieties, raw	15.00	17.00
11645	Sweet potato, canned, syrup pack, solids and liquids	15.00	13.00
11674	Potatoes, baked, flesh and skin, without salt	15.00	28.00
11707	Asparagus, canned, no salt added, solids and liquids	15.00	9.00
11828	Potatoes, baked, flesh and skin, with salt	15.00	28.00
11845	Pumpkin, cooked, boiled, drained, with salt	15.00	9.00
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	15.00	19.00
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	15.00	23.00
11935	Catsup	15.00	13.00
11949	Catsup, low sodium	15.00	13.00
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	15.00	50.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	15.00	23.00
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	15.00	20.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	15.00	19.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	15.00	20.00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	15.00	21.00
15004	Fish, bass, striped, raw	15.00	40.00
15020	Fish, croaker, Atlantic, raw	15.00	40.00
15023	Fish, mahimahi, raw	15.00	30.00
15047	Fish, mackerel, Atlantic, cooked, dry heat	15.00	97.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	15.00	16.00
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	15.00	37.00
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	15.00	30.00
16517	WORTHINGTON Prime Stakes, canned, unprepared	15.00	--
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	15.00	26.00
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	15.00	21.00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	15.00	18.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	15.00	24.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	15.00	28.00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	15.00	24.00
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	15.00	25.00
17150	Game meat, beaver, raw	15.00	25.00
17161	Game meat, buffalo, water, cooked, roasted	15.00	33.00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	15.00	19.00
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	15.00	13.00
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	15.00	23.00
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	15.00	22.00
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	15.00	24.00
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	15.00	22.00
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	15.00	--
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	15.00	24.00
18042	Bread, pita, whole-wheat	15.00	69.00
18354	Strudel, apple	15.00	9.00
19710	Puddings, vanilla, dry mix, regular, with added oil	15.00	5.00
20081	Wheat flour, white, all-purpose, enriched, bleached	15.00	22.00
20083	Wheat flour, white, bread, enriched	15.00	25.00
20093	Pasta, fresh-refrigerated, plain, as purchased	15.00	46.00
20129	Wheat flours, bread, unenriched	15.00	25.00
20481	Wheat flour, white, all-purpose, unenriched	15.00	22.00
20581	Wheat flour, white, all-purpose, enriched, unbleached	15.00	22.00
21387	BURGER KING, Hash Brown Rounds	15.00	20.00
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	15.00	--
22971	Potato salad with egg	15.00	--
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	15.00	18.00
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	15.00	18.00
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	15.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	15.00	22.00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	15.00	23.00
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	15.00	22.00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	15.00	23.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	15.00	23.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	15.00	23.00
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	15.00	23.00
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	15.00	22.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	15.00	22.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	15.00	19.00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	15.00	16.00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	15.00	21.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	15.00	11.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	15.00	11.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	15.00	12.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	15.00	11.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	15.00	11.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	15.00	12.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	15.00	11.00
23431	Beef, New Zealand, imported, ribs prepared, raw	15.00	20.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	15.00	23.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	15.00	18.00
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	15.00	23.00
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	15.00	23.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	15.00	23.00
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	15.00	22.00
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	15.00	19.00
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	15.00	--
27042	Soup, clam chowder, new england, canned, ready-to-serve	15.00	10.00
28294	Cookie, chocolate, with icing or coating	15.00	25.00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	15.00	16.00
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	15.00	21.00
36631	OLIVE GARDEN, spaghetti with meat sauce	15.00	18.00
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	15.00	--
42190	Pork sausage rice links, brown and serve, cooked	15.00	14.00
42266	Babyfood, juice, apple-sweet potato	15.00	7.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
43006	Babyfood, fruit, tutti frutti, strained	15.00	4.00
43282	Quail, cooked, total edible	15.00	22.00
18163	Cookies, chocolate chip, refrigerated dough	14.00	24.00
18386	Muffins, blueberry, toaster-type, toasted	14.00	15.00
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	14.00	--
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	14.00	--
18944	Pie, Dutch Apple, Commercially Prepared	14.00	8.00
18959	Pastry, Pastelitos de Guava (guava pastries)	14.00	15.00
19194	Puddings, rice, dry mix	14.00	8.00
19294	Fruit butters, apple	14.00	4.00
20084	Wheat flour, white, cake, enriched	14.00	16.00
20647	Millet flour	14.00	119.00
21140	Side dishes, potato salad	14.00	8.00
22529	Beef Pot Pie, frozen entree, prepared	14.00	13.00
22992	KASHI, Southwest Style Chicken, Frozen Entree	14.00	33.00
23094	Beef, chuck for stew, separable lean and fat, select, raw	14.00	20.00
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	14.00	22.00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	14.00	22.00
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	14.00	22.00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	14.00	19.00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	14.00	20.00
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	14.00	20.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	14.00	20.00
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	14.00	22.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	14.00	20.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	14.00	20.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	14.00	21.00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	14.00	16.00
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	14.00	16.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	14.00	19.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	14.00	19.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	14.00	20.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	14.00	21.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	14.00	12.00
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	14.00	12.00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	14.00	12.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	14.00	12.00
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	14.00	12.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	14.00	12.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	14.00	12.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	14.00	18.00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	14.00	13.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	14.00	12.00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	14.00	13.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	14.00	18.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	14.00	12.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	14.00	20.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	14.00	21.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	14.00	20.00
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	14.00	18.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	14.00	20.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	14.00	22.00
25000	Snacks, popcorn, microwave, 94% fat free	14.00	124.00
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	14.00	13.00
28292	Crackers, multigrain	14.00	29.00
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	14.00	13.00
31029	Potatoes, french fried, wedge cut, frozen, unprepared	14.00	--
35144	Stew, dumpling with mutton (Navajo)	14.00	8.00
36029	DENNY'S, fish fillet, battered or breaded, fried	14.00	25.00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	14.00	23.00
36610	DENNY'S, french fries	14.00	27.00
36629	Restaurant, Chinese, orange chicken	14.00	20.00
42278	Babyfood, vegetable and brown rice, strained	14.00	15.00
42279	Babyfood, peas and brown rice	14.00	25.00
43007	Babyfood, fruit, tutti frutti, junior	14.00	4.00
43016	Salad dressing, coleslaw	14.00	2.00
43217	Tomato sauce, canned, no salt added	14.00	15.00
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.00	2.00
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	14.00	6.00
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	14.00	7.00
03045	Babyfood, dinner, macaroni and tomato and beef, junior	14.00	7.00
03059	Babyfood, dinner, vegetables and bacon, strained	14.00	10.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
03062	Babyfood, dinner, vegetables and ham, junior	14.00	8.00
03077	Babyfood, dinner, pasta with vegetables	14.00	24.00
03098	Babyfood, vegetables, beets, strained	14.00	--
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	14.00	2.00
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	14.00	19.00
05014	Chicken, broilers or fryers, meat only, stewed	14.00	21.00
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	14.00	17.00
05018	Chicken, broilers or fryers, skin only, cooked, roasted	14.00	15.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	14.00	--
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	14.00	18.00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	14.00	20.00
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	14.00	27.00
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	14.00	25.00
05130	Chicken, stewing, light meat, meat only, cooked, stewed	14.00	23.00
05136	Chicken, capons, meat and skin, cooked, roasted	14.00	24.00
05149	Goose, domesticated, meat only, cooked, roasted	14.00	25.00
05166	Turkey, whole, meat and skin, cooked, roasted	14.00	30.00
05195	Turkey, all classes, wing, meat and skin, raw	14.00	21.00
05277	Chicken, canned, meat only, with broth	14.00	12.00
05286	Turkey and gravy, frozen	14.00	8.00
05300	Turkey sticks, breaded, battered, fried	14.00	15.00
05311	Chicken, canned, no broth	14.00	19.00
05326	Chicken breast tenders, breaded, cooked, microwaved	14.00	26.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	14.00	21.00
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	14.00	12.00
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	14.00	20.00
05696	Turkey from whole, light meat, meat only, with added solution, raw	14.00	25.00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	14.00	18.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	14.00	22.00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	14.00	30.00
05704	Turkey, whole, meat only, with added solution, raw	14.00	24.00
05705	Turkey, whole, meat only, with added solution, roasted	14.00	27.00
05706	Turkey, whole, meat and skin, with added solution, raw	14.00	21.00
05711	Turkey, retail parts, breast, meat only, cooked, roasted	14.00	28.00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	14.00	25.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	14.00	25.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	14.00	24.00
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	14.00	17.00
06016	Soup, cream of chicken, canned, condensed	14.00	4.00
06022	Soup, chicken rice, canned, chunky, ready-to-serve	14.00	4.00
06024	Soup, chicken and vegetable, canned, ready-to-serve	14.00	8.00
06025	Soup, chicken vegetable, canned, condensed	14.00	5.00
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	14.00	16.00
06056	Soup, cream of shrimp, canned, condensed	14.00	7.00
06061	Soup, tomato beef with noodle, canned, condensed	14.00	6.00
06072	Soup, vegetable with beef broth, canned, condensed	14.00	5.00
06416	Soup, cream of chicken, canned, prepared with equal volume water	14.00	1.00
06440	Soup, minestrone, canned, prepared with equal volume water	14.00	3.00
06446	Soup, cream of onion, canned, prepared with equal volume water	14.00	2.00
06545	CAMPBELL'S Homestyle New England Clam Chowder	14.00	13.00
07022	Frankfurter, beef, unheated	14.00	11.00
07081	Turkey breast, sliced, prepackaged	14.00	19.00
07921	Bacon and beef sticks	14.00	17.00
07924	Bratwurst, pork, beef and turkey, lite, smoked	14.00	--
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	14.00	59.00
08172	Cereals, farina, unenriched, dry	14.00	13.00
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	14.00	43.00
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	14.00	28.00
09011	Apples, dried, sulfured, uncooked	14.00	16.00
09072	Cherries, sweet, canned, juice pack, solids and liquids	14.00	12.00
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	14.00	10.00
09123	Grapefruit juice, white, canned or bottled, unsweetened	14.00	8.00
09131	Grapes, american type (slip skin), raw	14.00	5.00
09160	Lime juice, raw	14.00	8.00
09268	Pineapple, canned, juice pack, solids and liquids	14.00	--
09269	Pineapple, canned, light syrup pack, solids and liquids	14.00	16.00
09270	Pineapple, canned, heavy syrup pack, solids and liquids	14.00	16.00
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	14.00	15.00
09315	Soursop, raw	14.00	21.00
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	14.00	8.00
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	14.00	11.00
10006	Pork, fresh, separable fat, raw	14.00	6.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	14.00	22.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	14.00	24.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	14.00	23.00
10072	Pork, fresh, shoulder, whole, separable lean only, raw	14.00	21.00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	14.00	22.00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	14.00	7.00
10219	Pork, fresh, ground, raw	14.00	19.00
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	14.00	20.00
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	14.00	21.00
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	14.00	21.00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	14.00	25.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	14.00	19.00
11206	Cucumber, peeled, raw	14.00	12.00
11226	Jerusalem-artichokes, raw	14.00	17.00
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	14.00	13.00
11370	Potatoes, hash brown, home-prepared	14.00	35.00
11399	Potato puffs, frozen, oven-heated	14.00	17.00
11489	Squash, winter, hubbard, raw	14.00	19.00
11523	Taro shoots, cooked, without salt	14.00	8.00
11549	Tomato products, canned, sauce	14.00	15.00
11578	Vegetable juice cocktail, canned	14.00	11.00
11602	Yam, cooked, boiled, drained, or baked, without salt	14.00	18.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	14.00	9.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	14.00	13.00
11819	Peppers, hot chili, red, raw	14.00	23.00
11880	Taro, shoots, cooked, with salt	14.00	8.00
11897	Yam, cooked, boiled, drained, or baked, with salt	14.00	18.00
11976	Pepper, banana, raw	14.00	17.00
12104	Nuts, coconut meat, raw	14.00	32.00
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	14.00	49.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	14.00	22.00
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	14.00	21.00
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	14.00	23.00
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	14.00	20.00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	14.00	21.00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	14.00	21.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	14.00	20.00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	14.00	22.00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	14.00	19.00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	14.00	20.00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	14.00	22.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	14.00	22.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	14.00	19.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	14.00	19.00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	14.00	19.00
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	14.00	15.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	14.00	20.00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	14.00	19.00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	14.00	15.00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	14.00	23.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	14.00	23.00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	14.00	24.00
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	14.00	23.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	14.00	22.00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	14.00	24.00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	14.00	23.00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	14.00	23.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	14.00	23.00
14181	Beverages, chocolate syrup	14.00	65.00
14384	Beverages, water, bottled, PERRIER	14.00	0.00
15010	Fish, catfish, channel, wild, raw	14.00	23.00
15016	Fish, cod, Atlantic, cooked, dry heat	14.00	42.00
15034	Fish, haddock, cooked, dry heat	14.00	26.00
15045	Fish, lingcod, raw	14.00	26.00
15070	Fish, rockfish, Pacific, mixed species, raw	14.00	27.00
15103	Fish, spot, raw	14.00	42.00
15126	Fish, tuna, white, canned in water, drained solids	14.00	33.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	14.00	33.00
15211	Fish, salmon, chum, cooked, dry heat	14.00	28.00
15262	Fish, tilapia, cooked, dry heat	14.00	34.00
16086	Peas, split, mature seeds, cooked, boiled, without salt	14.00	36.00
16386	Peas, split, mature seeds, cooked, boiled, with salt	14.00	36.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	14.00	--
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	14.00	21.00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	14.00	18.00
17104	Veal, loin, separable lean and fat, raw	14.00	43.00
17113	Veal, rib, separable lean only, raw	14.00	23.00
17139	Veal, sirloin, separable lean only, cooked, roasted	14.00	27.00
17148	Bison, ground, grass-fed, cooked	14.00	23.00
17182	Game meat, raccoon, cooked, roasted	14.00	30.00
17192	Lamb, variety meats and by-products, heart, cooked, braised	14.00	24.00
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	14.00	22.00
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	14.00	19.00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	14.00	22.00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	14.00	15.00
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	14.00	22.00
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	14.00	25.00
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	14.00	25.00
17344	Game meat, deer, ground, cooked, pan-broiled	14.00	24.00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	14.00	22.00
18003	Bagels, egg	13.00	25.00
18192	Cookies, shortbread, commercially prepared, plain	13.00	14.00
18217	Crackers, matzo, plain	13.00	25.00
18277	Muffins, blueberry, toaster-type	13.00	12.00
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	13.00	--
19153	Candies, NESTLE, AFTER EIGHT Mints	13.00	--
19227	Frostings, coconut-nut, ready-to-eat	13.00	19.00
19350	Syrups, corn, light	13.00	1.00
20065	Rye flour, light	13.00	32.00
20067	Sorghum grain	13.00	165.00
20125	Pasta, whole-wheat, cooked	13.00	54.00
21256	BURGER KING, Chicken Strips	13.00	27.00
22914	Pasta with tomato sauce, no meat, canned	13.00	14.00
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	13.00	14.00
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	13.00	25.00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	13.00	27.00
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	13.00	25.00
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	13.00	21.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23095	Beef, chuck for stew, separable lean and fat, choice, raw	13.00	21.00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	13.00	23.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	13.00	25.00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	13.00	24.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	13.00	26.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	13.00	21.00
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	13.00	21.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	13.00	12.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	13.00	12.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	13.00	12.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	13.00	12.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	13.00	12.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	13.00	12.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	13.00	12.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	13.00	12.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	13.00	11.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	13.00	12.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	13.00	12.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	13.00	11.00
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	13.00	18.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	13.00	14.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	13.00	12.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	13.00	12.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	13.00	12.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	13.00	12.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	13.00	12.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	13.00	12.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	13.00	12.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	13.00	12.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	13.00	11.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	13.00	12.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	13.00	12.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	13.00	11.00
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	13.00	12.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	13.00	12.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	13.00	12.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	13.00	12.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	13.00	18.00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	13.00	14.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	13.00	22.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	13.00	24.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	13.00	23.00
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	13.00	17.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	13.00	18.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	13.00	17.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	13.00	18.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	13.00	22.00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	13.00	21.00
28310	Cookies, shortbread, reduced fat	13.00	14.00
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	13.00	--
31031	Potatoes, french fried, cross cut, frozen, unprepared	13.00	--
36018	APPLEBEE'S, fish, hand battered	13.00	20.00
43125	Beans, liquid from stewed kidney beans	13.00	37.00
90480	Syrup, Cane	13.00	10.00
03067	Babyfood, dinner, vegetables and lamb, junior	13.00	7.00
03286	Babyfood, vegetables, mix vegetables strained	13.00	10.00
04015	Salad dressing, russian dressing	13.00	10.00
04114	Salad dressing, italian dressing, commercial, regular	13.00	5.00
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	13.00	2.00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	13.00	25.00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	13.00	19.00
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	13.00	20.00
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	13.00	22.00
05048	Chicken, broilers or fryers, back, meat and skin, raw	13.00	15.00
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	13.00	22.00
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	13.00	24.00
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	13.00	24.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	13.00	25.00
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	13.00	26.00
05105	Chicken, broilers or fryers, wing, meat only, raw	13.00	22.00
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	13.00	18.00
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	13.00	20.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
05118	Chicken, roasting, light meat, meat only, cooked, roasted	13.00	23.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	13.00	19.00
05124	Chicken, stewing, meat and skin, cooked, stewed	13.00	20.00
05126	Chicken, stewing, meat only, cooked, stewed	13.00	22.00
05128	Chicken, stewing, giblets, cooked, simmered	13.00	20.00
05138	Chicken, capons, giblets, cooked, simmered	13.00	20.00
05147	Goose, domesticated, meat and skin, cooked, roasted	13.00	22.00
05148	Goose, domesticated, meat only, raw	13.00	24.00
05154	Pheasant, raw, meat only	13.00	20.00
05157	Quail, meat and skin, raw	13.00	23.00
05158	Quail, meat only, raw	13.00	25.00
05161	Squab, (pigeon), meat only, raw	13.00	25.00
05168	Turkey, whole, meat only, cooked, roasted	13.00	29.00
05169	Turkey, skin from whole, (light and dark), raw	13.00	11.00
05191	Turkey, all classes, breast, meat and skin, raw	13.00	24.00
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	13.00	18.00
05310	Chicken, cornish game hens, meat only, cooked, roasted	13.00	19.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	13.00	21.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	13.00	25.00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	13.00	21.00
05353	USDA Commodity, chicken fajita strips, frozen	13.00	22.00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	13.00	20.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	13.00	30.00
05698	Turkey, skin from whole (light and dark), with added solution, raw	13.00	9.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	13.00	30.00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	13.00	30.00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	13.00	30.00
06070	Soup, chunky beef, canned, ready-to-serve	13.00	2.00
06071	Soup, vegetable beef, canned, condensed	13.00	5.00
06159	Soup, tomato, canned, condensed	13.00	14.00
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	13.00	5.00
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	13.00	4.00
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	13.00	5.00
06377	CAMPBELL'S, Tomato Soup, condensed	13.00	14.00
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	13.00	--
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	13.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	13.00	--
06956	Soup, tomato, canned, condensed, reduced sodium	13.00	14.00
06978	Soup, beef and mushroom, low sodium, chunk style	13.00	2.00
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	13.00	6.00
07071	Salami, dry or hard, pork	13.00	22.00
07090	Luncheon sausage, pork and beef	13.00	14.00
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	13.00	93.00
09021	Apricots, raw	13.00	10.00
09038	Avocados, raw, California	13.00	29.00
09068	Cherries, sour, red, frozen, unsweetened	13.00	9.00
09070	Cherries, sweet, raw	13.00	11.00
09266	Pineapple, raw, all varieties	13.00	12.00
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	13.00	12.00
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	13.00	14.00
09317	Strawberries, canned, heavy syrup pack, solids and liquids	13.00	8.00
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	13.00	--
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	13.00	12.00
09429	Pineapple, raw, traditional varieties	13.00	12.00
09430	Pineapple, raw, extra sweet variety	13.00	12.00
09451	Horned melon (Kiwano)	13.00	40.00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	13.00	24.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	13.00	22.00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	13.00	26.00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	13.00	18.00
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	13.00	15.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	13.00	27.00
10861	Pork, cured, bacon, cooked, microwaved	13.00	34.00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	13.00	23.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	13.00	24.00
11026	Bamboo shoots, raw	13.00	3.00
11043	Mung beans, mature seeds, sprouted, raw	13.00	21.00
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	13.00	33.00
11150	Chayote, fruit, cooked, boiled, drained, without salt	13.00	12.00
11353	Potatoes, russet, flesh and skin, raw	13.00	23.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	13.00	21.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	13.00	28.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11398	Potato puffs, frozen, unprepared	13.00	16.00
11527	Tomatoes, green, raw	13.00	10.00
11551	Tomato products, canned, sauce, with mushrooms	13.00	19.00
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	13.00	21.00
11735	Beets, canned, no salt added, solids and liquids	13.00	16.00
11766	Chayote, fruit, cooked, boiled, drained, with salt	13.00	12.00
13323	Beef, variety meats and by-products, kidneys, raw	13.00	17.00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	13.00	20.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	13.00	23.00
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	13.00	23.00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	13.00	23.00
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	13.00	27.00
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	13.00	27.00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	13.00	18.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	13.00	14.00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	13.00	14.00
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	13.00	24.00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	13.00	24.00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	13.00	24.00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	13.00	20.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	13.00	20.00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	13.00	20.00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	13.00	19.00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	13.00	19.00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	13.00	20.00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	13.00	20.00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	13.00	20.00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	13.00	20.00
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	13.00	22.00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	13.00	20.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	13.00	22.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	13.00	22.00
14079	Beverages, yellow green colored citrus soft drink with caffeine	13.00	3.00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	13.00	3.00
14625	Beverages, Energy drink, AMP	13.00	3.00
14626	Beverages, Energy drink, FULL THROTTLE	13.00	3.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
14630	Beverages, Energy drink, ROCKSTAR, sugar free	13.00	3.00
15052	Fish, mackerel, spanish, cooked, dry heat	13.00	38.00
15092	Fish, sea bass, mixed species, cooked, dry heat	13.00	53.00
15104	Fish, sturgeon, mixed species, raw	13.00	35.00
15119	Fish, tuna, light, canned in oil, drained solids	13.00	31.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	13.00	43.00
15162	Mollusks, clam, mixed species, canned, liquid	13.00	11.00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	13.00	31.00
15193	Fish, cusk, cooked, dry heat	13.00	40.00
15206	Fish, pout, ocean, cooked, dry heat	13.00	17.00
15267	Fish, pollock, Alaska, cooked (not previously frozen)	13.00	37.00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	13.00	31.00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	13.00	15.00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	13.00	22.00
17110	Veal, rib, separable lean and fat, raw	13.00	22.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	13.00	26.00
17168	Goat, raw	13.00	--
17177	Game meat, rabbit, domesticated, composite of cuts, raw	13.00	19.00
17195	Lamb, variety meats and by-products, kidneys, raw	13.00	17.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	13.00	21.00
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	13.00	20.00
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	13.00	25.00
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	13.00	26.00
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	13.00	26.00
17331	Game meat, bison, ground, cooked, pan-broiled	13.00	22.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	13.00	21.00
17427	Veal, loin, chop, separable lean only, cooked, grilled	13.00	33.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	12.00	20.00
18007	Bagels, oat bran	12.00	31.00
18171	Cookies, fortune	12.00	7.00
18186	Cookies, peanut butter, commercially prepared, soft-type	12.00	32.00
18196	Cookies, brownies, dry mix, sugar free	12.00	4.00
18308	Pie, cherry, commercially prepared	12.00	8.00
18321	Pie, lemon meringue, prepared from recipe	12.00	6.00
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	12.00	11.00
18946	Pie crust, refrigerated, regular, baked	12.00	9.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
19053	Snacks, rice cakes, brown rice, sesame seed	12.00	136.00
19067	Candies, TWIZZLERS CHERRY BITES	12.00	--
19184	Puddings, chocolate, dry mix, instant	12.00	45.00
19202	Puddings, vanilla, dry mix, instant	12.00	1.00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	12.00	30.00
19361	Syrups, table blends, cane and 15% maple	12.00	2.00
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	12.00	30.00
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	12.00	136.00
19908	Sugar, turbinado	12.00	2.00
20110	Noodles, egg, enriched, cooked	12.00	21.00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	12.00	45.00
20310	Noodles, egg, cooked, enriched, with added salt	12.00	21.00
20410	Noodles, egg, unenriched, cooked, without added salt	12.00	21.00
20510	Noodles, egg, cooked, unenriched, with added salt	12.00	21.00
20648	Sorghum flour, whole-grain	12.00	123.00
21417	POPEYES, Mild Chicken Strips, analyzed 2006	12.00	26.00
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	12.00	28.00
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	12.00	17.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	12.00	--
22905	Beef stew, canned entree	12.00	8.00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12.00	25.00
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	12.00	20.00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12.00	21.00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12.00	20.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	12.00	19.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	12.00	20.00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	12.00	23.00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	12.00	24.00
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	12.00	26.00
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12.00	18.00
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	12.00	17.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	12.00	21.00
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	12.00	23.00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	12.00	23.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	12.00	28.00
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	12.00	23.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	12.00	19.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	12.00	26.00
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	12.00	24.00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	12.00	26.00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	12.00	25.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	12.00	20.00
27066	Sauce, horseradish	12.00	6.00
36024	CRACKER BARREL, chicken tenderloin platter, fried	12.00	28.00
36602	Restaurant, Chinese, fried rice, without meat	12.00	10.00
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	12.00	29.00
36618	Restaurant, Chinese, general tso's chicken	12.00	18.00
36633	Restaurant, Chinese, sesame chicken	12.00	22.00
42280	Frankfurter, meat and poultry, low fat	12.00	18.00
43384	Beef, bologna, reduced sodium	12.00	10.00
43408	Babyfood, juice, pear	12.00	8.00
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	12.00	15.00
03001	Babyfood, juice treats, fruit medley, toddler	12.00	7.00
03066	Babyfood, dinner, vegetables and lamb, strained	12.00	7.00
03172	Babyfood, juice, orange	12.00	9.00
03178	Babyfood, juice, prune and orange	12.00	8.00
04703	Salad dressing, honey mustard, regular	12.00	5.00
05011	Chicken, broilers or fryers, meat only, raw	12.00	25.00
05019	Chicken, broilers or fryers, skin only, cooked, stewed	12.00	13.00
05025	Chicken, heart, all classes, raw	12.00	15.00
05039	Chicken, broilers or fryers, light meat, meat only, raw	12.00	27.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	12.00	23.00
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	12.00	23.00
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	12.00	24.00
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	12.00	23.00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	12.00	24.00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	12.00	16.00
05112	Chicken, roasting, meat and skin, cooked, roasted	12.00	20.00
05114	Chicken, roasting, meat only, cooked, roasted	12.00	21.00
05116	Chicken, roasting, giblets, cooked, simmered	12.00	20.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	12.00	22.00
05142	Duck, domesticated, meat only, cooked, roasted	12.00	20.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
05146	Goose, domesticated, meat and skin, raw	12.00	18.00
05153	Pheasant, raw, meat and skin	12.00	20.00
05160	Squab, (pigeon), meat and skin, raw	12.00	22.00
05284	Turkey, canned, meat only, with broth	12.00	20.00
05309	Chicken, cornish game hens, meat only, raw	12.00	21.00
05336	USDA Commodity Chicken, canned, meat only, drained	12.00	22.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	12.00	22.00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	12.00	25.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	12.00	21.00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	12.00	20.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	12.00	24.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	12.00	21.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	12.00	21.00
06009	Soup, beef noodle, canned, condensed	12.00	5.00
06043	Soup, cream of mushroom, canned, condensed	12.00	3.00
06151	Sauce, plum, ready-to-serve	12.00	--
06169	Sauce, ready-to-serve, pepper, TABASCO	12.00	--
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	12.00	9.00
06401	Soup, cream of asparagus, canned, prepared with equal volume water	12.00	2.00
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	12.00	8.00
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	12.00	11.00
06449	Soup, pea, green, canned, prepared with equal volume water	12.00	15.00
06549	Soup, chicken mushroom, canned, prepared with equal volume water	12.00	4.00
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	12.00	9.00
06965	Soup, pea, low sodium, prepared with equal volume water	12.00	15.00
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	12.00	13.00
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	12.00	5.00
06999	Gravy, CAMPBELL'S, chicken	12.00	3.00
07004	Sausage, Berliner, pork, beef	12.00	15.00
07059	Polish sausage, pork	12.00	14.00
07073	Sandwich spread, pork, beef	12.00	8.00
07075	Sausage, smoked link sausage, pork and beef	12.00	13.00
07201	OSCAR MAYER, Bologna (beef)	12.00	14.00
07230	OSCAR MAYER, Salami (hard)	12.00	21.00
07915	Sausage, Polish, beef with chicken, hot	12.00	14.00
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	12.00	29.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
09001	Acerola, (west indian cherry), raw	12.00	18.00
09024	Apricots, canned, juice pack, with skin, solids and liquids	12.00	10.00
09037	Avocados, raw, all commercial varieties	12.00	29.00
09043	Blackberry juice, canned	12.00	21.00
09076	Cherries, sweet, frozen, sweetened	12.00	10.00
09111	Grapefruit, raw, pink and red and white, all areas	12.00	8.00
09116	Grapefruit, raw, white, all areas	12.00	9.00
09117	Grapefruit, raw, white, California	12.00	9.00
09161	Lime juice, canned or bottled, unsweetened	12.00	7.00
09177	Mangosteen, canned, syrup pack	12.00	13.00
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	12.00	10.00
09231	Passion-fruit, (granadilla), purple, raw	12.00	29.00
09294	Prune juice, canned	12.00	14.00
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	12.00	11.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	12.00	20.00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	12.00	22.00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	12.00	19.00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	12.00	21.00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	12.00	24.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	12.00	25.00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	12.00	23.00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	12.00	18.00
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	12.00	25.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	12.00	28.00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	12.00	19.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	12.00	23.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	12.00	22.00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	12.00	22.00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	12.00	26.00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	12.00	23.00
11027	Bamboo shoots, cooked, boiled, drained, without salt	12.00	3.00
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	12.00	14.00
11352	Potatoes, flesh and skin, raw	12.00	23.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	12.00	25.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	12.00	24.00
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	12.00	23.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	12.00	13.00
11522	Taro shoots, raw	12.00	8.00
11603	Yambean (jicama), raw	12.00	--
11712	Bamboo shoots, cooked, boiled, drained, with salt	12.00	3.00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	12.00	14.00
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	12.00	26.00
11979	Peppers, jalapeno, raw	12.00	15.00
11981	Peppers, hungarian, raw	12.00	16.00
12095	Nuts, chestnuts, chinese, boiled and steamed	12.00	58.00
13047	Beef, grass-fed, ground, raw	12.00	19.00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	12.00	15.00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12.00	22.00
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	12.00	22.00
13334	Beef, variety meats and by-products, spleen, cooked, braised	12.00	19.00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	12.00	16.00
13348	Beef, cured, corned beef, canned	12.00	14.00
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	12.00	23.00
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	12.00	23.00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	12.00	20.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12.00	20.00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	12.00	19.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	12.00	20.00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	12.00	25.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	12.00	25.00
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	12.00	26.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12.00	19.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	12.00	19.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	12.00	20.00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	12.00	28.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	12.00	26.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	12.00	25.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	12.00	22.00
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	12.00	--
15013	Fish, cisco, raw	12.00	17.00
15046	Fish, mackerel, Atlantic, raw	12.00	76.00
15076	Fish, salmon, Atlantic, wild, raw	12.00	29.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15238	Fish, salmon, coho, farmed, raw	12.00	31.00
15239	Fish, salmon, coho, farmed, cooked, dry heat	12.00	34.00
15266	Fish, pollock, Alaska, raw (not previously frozen)	12.00	34.00
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	12.00	22.00
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	12.00	27.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	12.00	25.00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	12.00	25.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	12.00	22.00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	12.00	20.00
17115	Veal, rib, separable lean only, cooked, roasted	12.00	24.00
17142	Veal, ground, raw	12.00	31.00
17158	Game meat, boar, wild, raw	12.00	--
17160	Game meat, buffalo, water, raw	12.00	32.00
17180	Game meat, rabbit, wild, raw	12.00	29.00
17186	Lamb, variety meats and by-products, brain, cooked, braised	12.00	14.00
17206	Lamb, variety meats and by-products, lungs, cooked, braised	12.00	11.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	12.00	19.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	12.00	22.00
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	12.00	22.00
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	12.00	19.00
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	12.00	20.00
17338	Game meat, elk, ground, raw	12.00	22.00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	12.00	20.00
17435	Veal, shank, separable lean and fat, raw	12.00	32.00
18301	Pie, apple, commercially prepared, enriched flour	11.00	7.00
18338	Phyllo dough	11.00	15.00
18443	Pie, apple, commercially prepared, unenriched flour	11.00	7.00
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	11.00	12.00
19051	Snacks, rice cracker brown rice, plain	11.00	131.00
19052	Snacks, rice cakes, brown rice, buckwheat	11.00	151.00
19091	Candies, YORK Peppermint Pattie	11.00	--
19240	Frostings, chocolate, creamy, dry mix	11.00	38.00
19314	Pie fillings, canned, cherry	11.00	7.00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	11.00	36.00
19816	Snacks, rice cakes, brown rice, plain, unsalted	11.00	131.00
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	11.00	151.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
20006	Barley, pearled, cooked	11.00	22.00
20054	Rice, white, glutinous, unenriched, uncooked	11.00	23.00
20090	Rice flour, brown	11.00	112.00
20106	Macaroni, vegetable, enriched, cooked	11.00	19.00
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	11.00	41.00
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	11.00	24.00
21246	WENDY'S, Chicken Nuggets	11.00	22.00
21309	McDONALD'S, Chicken McNUGGETS	11.00	24.00
21310	McDONALD'S, Barbeque Sauce	11.00	13.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	11.00	21.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	11.00	26.00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	11.00	24.00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	11.00	25.00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	11.00	24.00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	11.00	20.00
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	11.00	20.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	11.00	20.00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	11.00	25.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	11.00	26.00
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	11.00	24.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	11.00	18.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	11.00	24.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	11.00	24.00
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	11.00	18.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	11.00	22.00
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	11.00	21.00
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	11.00	21.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	11.00	22.00
23420	Beef, New Zealand, imported, intermuscular fat, raw	11.00	7.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	11.00	--
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	11.00	24.00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	11.00	22.00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	11.00	22.00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	11.00	24.00
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	11.00	24.00
25001	Snacks, popcorn, microwave, low fat	11.00	151.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
25059	Snacks, brown rice chips	11.00	131.00
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	11.00	9.00
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	11.00	8.00
27046	Sauce, duck, ready-to-serve	11.00	5.00
27055	Sauce, barbecue, SWEET BABY RAY'S, original	11.00	--
27062	Soup, beef barley, ready to serve	11.00	9.00
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	11.00	9.00
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	11.00	--
35206	Plums, wild (Northern Plains Indians)	11.00	8.00
36027	DENNY'S, chicken strips	11.00	30.00
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	11.00	16.00
42129	Bologna, beef and pork, low fat	11.00	12.00
42171	Salad dressing, french dressing, reduced calorie	11.00	9.00
42204	Rice cake, cracker (include hain mini rice cakes)	11.00	131.00
43004	Babyfood, dessert, banana pudding, strained	11.00	5.00
43098	Pie fillings, cherry, low calorie	11.00	8.00
43365	Tomato and vegetable juice, low sodium	11.00	--
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	11.00	10.00
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	11.00	33.00
43417	Babyfood, meat, beef with vegetables, toddler	11.00	--
43572	Popcorn, microwave, low fat and sodium	11.00	151.00
02050	Vanilla extract	11.00	12.00
03049	Babyfood, dinner, beef and rice, toddler	11.00	8.00
03230	Babyfood, dessert, peach melba, junior	11.00	2.00
03282	Babyfood, vegetables, mix vegetables junior	11.00	--
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	11.00	14.00
04020	Salad dressing, french dressing, reduced fat	11.00	8.00
04142	Salad dressing, french dressing, reduced fat, without salt	11.00	8.00
04635	Salad dressing, thousand island dressing, fat-free	11.00	4.00
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	11.00	20.00
05006	Chicken, broilers or fryers, meat and skin, raw	11.00	20.00
05015	Chicken, broilers or fryers, skin only, raw	11.00	13.00
05023	Chicken, gizzard, all classes, raw	11.00	15.00
05028	Chicken, liver, all classes, cooked, simmered	11.00	25.00
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	11.00	23.00
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	11.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
05057	Chicken, broilers or fryers, breast, meat and skin, raw	11.00	25.00
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	11.00	22.00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	11.00	20.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	11.00	22.00
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	11.00	21.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	11.00	20.00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	11.00	21.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	11.00	19.00
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	11.00	21.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	11.00	16.00
05117	Chicken, roasting, light meat, meat only, raw	11.00	25.00
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	11.00	20.00
05129	Chicken, stewing, light meat, meat only, raw	11.00	26.00
05133	Chicken, capons, meat and skin and giblets and neck, raw	11.00	21.00
05135	Chicken, capons, meat and skin, raw	11.00	21.00
05139	Duck, domesticated, meat and skin, raw	11.00	15.00
05140	Duck, domesticated, meat and skin, cooked, roasted	11.00	16.00
05141	Duck, domesticated, meat only, raw	11.00	19.00
05143	Duck, domesticated, liver, raw	11.00	24.00
05151	Guinea hen, meat and skin, raw	11.00	22.00
05152	Guinea hen, meat only, raw	11.00	24.00
05165	Turkey, whole, meat and skin, raw	11.00	25.00
05167	Turkey, whole, meat only, raw	11.00	27.00
05181	Turkey from whole, light meat, meat and skin, raw	11.00	25.00
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	11.00	32.00
05183	Turkey, dark meat, meat and skin, raw	11.00	22.00
05185	Turkey from whole, light meat, raw	11.00	28.00
05187	Turkey from whole, dark meat, meat only, raw	11.00	25.00
05215	Turkey, back from whole bird, meat only, raw	11.00	25.00
05219	Turkey, breast, from whole bird, meat only, raw	11.00	28.00
05227	Turkey, wing, from whole bird, meat only, raw	11.00	28.00
05307	Chicken, cornish game hens, meat and skin, raw	11.00	18.00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	11.00	23.00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	11.00	23.00
05738	Turkey, drumstick, from whole bird, meat only, raw	11.00	28.00
05740	Turkey, thigh, from whole bird, meat only, raw	11.00	25.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
06018	Soup, chunky chicken noodle, canned, ready-to-serve	11.00	7.00
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	11.00	6.00
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	11.00	8.00
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	11.00	7.00
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	11.00	4.00
06463	Soup, tomato rice, canned, prepared with equal volume water	11.00	2.00
06955	Soup, cream of chicken, canned, condensed, reduced sodium	11.00	2.00
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	11.00	4.00
07010	Bologna, pork	11.00	14.00
07020	Corned beef loaf, jellied	11.00	--
07038	Knackwurst, knockwurst, pork, beef	11.00	--
07052	Pastrami, turkey	11.00	14.00
07074	Smoked link sausage, pork	11.00	--
07910	Bratwurst, veal, cooked	11.00	16.00
07923	Bratwurst, chicken, cooked	11.00	23.00
07945	Frankfurter, beef, heated	11.00	9.00
07956	Beef sausage, fresh, cooked	11.00	14.00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	11.00	26.00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	11.00	55.00
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	11.00	55.00
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	11.00	45.00
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	11.00	43.00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	11.00	46.00
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	11.00	55.00
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	11.00	54.00
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	11.00	56.00
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	11.00	8.00
09061	Carissa, (natal-plum), raw	11.00	16.00
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	11.00	6.00
09071	Cherries, sweet, canned, water pack, solids and liquids	11.00	9.00
09082	Cranberry-orange relish, canned	11.00	4.00
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	11.00	8.00
09113	Grapefruit, raw, pink and red, California and Arizona	11.00	9.00
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	11.00	10.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	11.00	10.00
09175	Mammy-apple, (mamey), raw	11.00	16.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
09176	Mangos, raw	11.00	10.00
09183	Melons, casaba, raw	11.00	--
09206	Orange juice, raw	11.00	--
09209	Orange juice, chilled, includes from concentrate	11.00	--
09219	Tangerines, (mandarin oranges), canned, juice pack	11.00	--
09296	Quinces, raw	11.00	8.00
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	11.00	12.00
09319	Strawberries, frozen, sweetened, whole	11.00	6.00
09320	Strawberries, frozen, sweetened, sliced	11.00	7.00
09362	Cherries, sour, canned, water pack, drained	11.00	8.00
09413	Pears, raw, red anjou	11.00	7.00
09415	Pears, raw, green anjou	11.00	7.00
09442	Pomegranate juice, bottled	11.00	7.00
09443	Juice, apple and grape blend, with added ascorbic acid	11.00	7.00
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	11.00	10.00
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	11.00	13.00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	11.00	21.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	11.00	26.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	11.00	20.00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	11.00	17.00
10119	Pork, fresh, variety meats and by-products, stomach, raw	11.00	--
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	11.00	16.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	11.00	24.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	11.00	25.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	11.00	27.00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	11.00	25.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	11.00	27.00
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.00	31.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	11.00	20.00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	11.00	19.00
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	11.00	19.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	11.00	28.00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	11.00	24.00
11264	Mushrooms, canned, drained solids	11.00	15.00
11268	Mushrooms, shiitake, dried	11.00	132.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	11.00	21.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11497	Succotash, (corn and limas), canned, with cream style corn	11.00	1.00
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	11.00	19.00
11530	Tomatoes, red, ripe, cooked	11.00	9.00
11588	Waterchestnuts, chinese, (matai), raw	11.00	22.00
11605	Beets, harvard, canned, solids and liquids	11.00	19.00
11609	Beets, pickled, canned, solids and liquids	11.00	15.00
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	11.00	27.00
11696	Tomatoes, yellow, raw	11.00	12.00
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	11.00	27.00
11884	Tomatoes, red, ripe, cooked, with salt	11.00	9.00
11951	Peppers, sweet, yellow, raw	11.00	12.00
11977	Peppers, serrano, raw	11.00	22.00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	11.00	51.00
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	11.00	28.00
12203	Nuts, chestnuts, japanese, boiled and steamed	11.00	18.00
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	11.00	22.00
13317	Beef, ground, patties, frozen, cooked, broiled	11.00	19.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	11.00	10.00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	11.00	20.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	11.00	20.00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	11.00	20.00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	11.00	20.00
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	11.00	20.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	11.00	20.00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	11.00	20.00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	11.00	20.00
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	11.00	20.00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	11.00	20.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	11.00	24.00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	11.00	2.00
14281	Beverages, tea, black, ready to drink, decaffeinated	11.00	2.00
14296	Beverages, lemonade-flavor drink, powder	11.00	165.00
14430	Cranberry juice cocktail, frozen concentrate	11.00	5.00
15033	Fish, haddock, raw	11.00	21.00
15051	Fish, mackerel, spanish, raw	11.00	33.00
15077	Fish, salmon, chinook, smoked	11.00	18.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15079	Fish, salmon, chum, raw	11.00	22.00
15086	Fish, salmon, sockeye, cooked, dry heat	11.00	36.00
15179	Fish, salmon, chinook, smoked, (lox), regular	11.00	18.00
15184	Fish, tuna, light, canned in water, without salt, drained solids	11.00	27.00
15232	Fish, roughy, orange, cooked, dry heat	11.00	18.00
15233	Fish, catfish, channel, wild, cooked, dry heat	11.00	28.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	11.00	34.00
16509	LOMA LINDA Linketts, canned, unprepared	11.00	--
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	11.00	22.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	11.00	24.00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	11.00	22.00
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	11.00	21.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	11.00	23.00
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	11.00	24.00
17107	Veal, loin, separable lean only, raw	11.00	47.00
17112	Veal, rib, separable lean and fat, cooked, roasted	11.00	22.00
17134	Veal, sirloin, separable lean and fat, raw	11.00	24.00
17137	Veal, sirloin, separable lean only, raw	11.00	26.00
17149	Bison, ground, grass-fed, raw	11.00	21.00
17197	Veal, variety meats and by-products, kidneys, raw	11.00	16.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	11.00	22.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	11.00	23.00
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	11.00	16.00
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	11.00	20.00
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	11.00	23.00
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	11.00	22.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	11.00	24.00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	11.00	26.00
17330	Game meat , bison, ground, raw	11.00	19.00
17343	Game meat, deer, ground, raw	11.00	21.00
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	11.00	24.00
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	11.00	23.00
17428	Veal, shank, separable lean only, raw	11.00	33.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	10.00	28.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	10.00	26.00
18211	Puff pastry, frozen, ready-to-bake, baked	10.00	16.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
18309	Pie, cherry, prepared from recipe	10.00	9.00
18336	Pie crust, standard-type, prepared from recipe, baked	10.00	14.00
18337	Puff pastry, frozen, ready-to-bake	10.00	16.00
18948	Pie crust, refrigerated, regular, unbaked	10.00	8.00
19128	Syrups, table blends, pancake, reduced-calorie	10.00	2.00
19181	Candies, YORK BITES	10.00	1.00
19806	Snacks, popcorn, air-popped (Unsalted)	10.00	131.00
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	10.00	108.00
20013	Bulgur, cooked	10.00	32.00
20030	Hominy, canned, white	10.00	16.00
20034	Oat bran, cooked	10.00	40.00
20041	Rice, brown, medium-grain, cooked	10.00	44.00
20045	Rice, white, long-grain, regular, enriched, cooked	10.00	12.00
20061	Rice flour, white, unenriched	10.00	35.00
20097	Pasta, homemade, made with egg, cooked	10.00	14.00
20141	Spelt, cooked	10.00	49.00
20330	Hominy, canned, yellow	10.00	16.00
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	10.00	12.00
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	10.00	12.00
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	10.00	30.00
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	10.00	12.00
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	10.00	21.00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	10.00	18.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	10.00	18.00
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	10.00	23.00
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	10.00	25.00
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	10.00	17.00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	10.00	17.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	10.00	21.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	10.00	21.00
27050	Sauce, sweet and sour, ready-to-serve	10.00	8.00
27061	Gravy, HEINZ Home Style, classic chicken	10.00	3.00
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	10.00	32.00
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	10.00	--
35141	Mutton, cooked, roasted (Navajo)	10.00	31.00
36013	Restaurant, family style, sirloin steak	10.00	27.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	10.00	108.00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	10.00	1.00
43297	Pork, oriental style, dehydrated	10.00	11.00
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	10.00	3.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	10.00	37.00
90560	Mollusks, snail, raw	10.00	250.00
03047	Babyfood, dinner, beef noodle, strained	10.00	--
03115	Babyfood, apples, dices, toddler	10.00	6.00
03141	Babyfood, pears, dices, toddler	10.00	7.00
03158	Babyfood, fruit, pears and pineapple, strained	10.00	7.00
03159	Babyfood, fruit, pears and pineapple, junior	10.00	7.00
03173	Babyfood, juice, orange and apple	10.00	5.00
03229	Babyfood, dessert, peach melba, strained	10.00	2.00
03238	Babyfood, dessert, tropical fruit, junior	10.00	5.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	10.00	1.00
05020	Chicken, broilers or fryers, giblets, raw	10.00	18.00
05080	Chicken, broilers or fryers, leg, meat only, raw	10.00	23.00
05109	Chicken, roasting, meat and skin and giblets and neck, raw	10.00	19.00
05113	Chicken, roasting, meat only, raw	10.00	23.00
05115	Chicken, roasting, giblets, raw	10.00	17.00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	10.00	20.00
05123	Chicken, stewing, meat and skin, raw	10.00	20.00
05125	Chicken, stewing, meat only, raw	10.00	24.00
05127	Chicken, stewing, giblets, raw	10.00	18.00
05131	Chicken, stewing, dark meat, meat only, raw	10.00	23.00
05137	Chicken, capons, giblets, raw	10.00	18.00
05159	Quail, breast, meat only, raw	10.00	28.00
05162	Squab, (pigeon), light meat without skin, raw	10.00	28.00
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	10.00	--
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	10.00	--
05337	USDA Commodity, Chicken, canned, meat only, with water	10.00	18.00
05338	USDA Commodity, Chicken, canned, meat only, with broth	10.00	18.00
05661	Chicken, liver, all classes, cooked, pan-fried	10.00	27.00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	10.00	16.00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	10.00	24.00
05716	Turkey, retail parts, drumstick, meat only, raw	10.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
06015	Soup, chicken, canned, chunky, ready-to-serve	10.00	3.00
06042	Soup, mushroom barley, canned, condensed	10.00	7.00
06119	Gravy, chicken, canned or bottled, ready-to-serve	10.00	3.00
06180	Soup, shark fin, restaurant-prepared	10.00	7.00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	10.00	--
06417	Soup, chicken gumbo, canned, prepared with equal volume water	10.00	2.00
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	10.00	3.00
07030	Ham, minced	10.00	16.00
07053	Pate, chicken liver, canned	10.00	13.00
07065	Pork and beef sausage, fresh, cooked	10.00	12.00
07067	Poultry salad sandwich spread	10.00	--
07083	Sausage, Vienna, canned, chicken, beef, pork	10.00	7.00
07209	OSCAR MAYER, Chicken Breast (honey glazed)	10.00	36.00
07241	OSCAR MAYER, Wieners (beef franks)	10.00	13.00
07900	Turkey, pork, and beef sausage, low fat, smoked	10.00	16.00
07926	Salami, Italian, pork	10.00	22.00
07974	Bacon, turkey, low sodium	10.00	19.00
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	10.00	31.00
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	10.00	82.00
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	10.00	21.00
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	10.00	19.00
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	10.00	149.00
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	10.00	23.00
09002	Acerola juice, raw	10.00	12.00
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	10.00	6.00
09035	Apricots, frozen, sweetened	10.00	9.00
09039	Avocados, raw, Florida	10.00	24.00
09062	Cherimoya, raw	10.00	17.00
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	10.00	6.00
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	10.00	6.00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	10.00	5.00
09132	Grapes, red or green (European type, such as Thompson seedless), raw	10.00	7.00
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	10.00	6.00
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	10.00	6.00
09153	Lemon juice from concentrate, canned or bottled	10.00	7.00
09185	Melon balls, frozen	10.00	14.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
09207	Orange juice, canned, unsweetened	10.00	--
09229	Papaya nectar, canned	10.00	3.00
09282	Plums, canned, purple, juice pack, solids and liquids	10.00	8.00
09286	Pomegranates, raw	10.00	12.00
09357	Apricots, canned, heavy syrup, drained	10.00	7.00
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	10.00	9.00
09379	Plums, canned, heavy syrup, drained	10.00	5.00
09414	Pears, raw, bosc	10.00	7.00
09437	Tamarind nectar, canned	10.00	4.00
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	10.00	--
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	10.00	--
09530	Fruit juice smoothie, ODWALLA, strawberry banana	10.00	14.00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	10.00	14.00
10096	Pork, fresh, variety meats and by-products, brain, raw	10.00	14.00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	10.00	14.00
10117	Pork, fresh, variety meats and by-products, spleen, raw	10.00	13.00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	10.00	25.00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	10.00	14.00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	10.00	28.00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	10.00	28.00
10860	Pork, cured, bacon, cooked, baked	10.00	30.00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	10.00	22.00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	10.00	19.00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	10.00	18.00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	10.00	18.00
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	10.00	21.00
11005	Arrowhead, raw	10.00	51.00
11333	Peppers, sweet, green, raw	10.00	--
11355	Potatoes, red, flesh and skin, raw	10.00	22.00
11357	Potatoes, white, flesh and skin, baked	10.00	27.00
11390	Potatoes, hash brown, frozen, plain, unprepared	10.00	11.00
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	10.00	22.00
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	10.00	23.00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	10.00	13.00
11529	Tomatoes, red, ripe, raw, year round average	10.00	11.00
11540	Tomato juice, canned, with salt added	10.00	11.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11559	Tomato products, canned, sauce, with tomato tidbits	10.00	20.00
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	10.00	22.00
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	10.00	13.00
11886	Tomato juice, canned, without salt added	10.00	11.00
11989	Mushrooms, straw, canned, drained solids	10.00	7.00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	10.00	18.00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	10.00	22.00
13166	USDA Commodity, beef, canned	10.00	16.00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	10.00	20.00
13328	Beef, variety meats and by-products, lungs, raw	10.00	14.00
13338	Beef, variety meats and by-products, thymus, cooked, braised	10.00	--
13353	Beef, cured, luncheon meat, jellied	10.00	18.00
13355	Beef, cured, pastrami	10.00	17.00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	10.00	20.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	10.00	17.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	10.00	17.00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	10.00	17.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	10.00	19.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	10.00	20.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	10.00	18.00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	10.00	19.00
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	10.00	19.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	10.00	19.00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	10.00	20.00
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	10.00	17.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	10.00	25.00
14253	Alcoholic beverages, wine, rose	10.00	--
14555	Water, bottled, generic	10.00	2.00
15022	Fish, cusk, raw	10.00	31.00
15059	Fish, pout, ocean, raw	10.00	13.00
15091	Fish, sea bass, mixed species, raw	10.00	41.00
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	10.00	64.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	10.00	24.00
15203	Fish, monkfish, cooked, dry heat	10.00	27.00
15261	Fish, tilapia, raw	10.00	27.00
17000	Veal, Australian, rib, rib roast, separable lean only, raw	10.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	10.00	26.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	10.00	25.00
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	10.00	22.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	10.00	21.00
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	10.00	20.00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	10.00	20.00
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	10.00	17.00
17188	Veal, variety meats and by-products, brain, raw	10.00	14.00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	10.00	18.00
17205	Lamb, variety meats and by-products, lungs, raw	10.00	14.00
17221	Lamb, variety meats and by-products, tongue, cooked, braised	10.00	16.00
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	10.00	24.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	10.00	23.00
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	10.00	15.00
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	10.00	20.00
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	10.00	23.00
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	10.00	23.00
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	10.00	23.00
17339	Game meat, elk, ground, cooked, pan-broiled	10.00	24.00
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	10.00	27.00
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	10.00	25.00
18402	Pie crust, standard-type, prepared from recipe, unbaked	9.00	12.00
19009	Snacks, KRAFT, CORNNUTS, plain	9.00	113.00
19036	Snacks, popcorn, cakes	9.00	159.00
19413	Snacks, rice cakes, brown rice, corn	9.00	114.00
20036	Rice, brown, long-grain, raw	9.00	116.00
20050	Rice, white, medium-grain, raw, enriched	9.00	35.00
20139	Wheat, KAMUT khorasan, cooked	9.00	48.00
20450	Rice, white, medium-grain, raw, unenriched	9.00	35.00
21314	McDONALD'S, Spicy Buffalo Sauce	9.00	6.00
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	9.00	19.00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	9.00	21.00
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	9.00	22.00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	9.00	20.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	9.00	20.00
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	9.00	17.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	9.00	15.00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	9.00	13.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	9.00	22.00
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	9.00	24.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	9.00	22.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	9.00	24.00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	9.00	28.00
25027	Snacks, plantain chips, salted	9.00	71.00
27047	Sauce, salsa, verde, ready-to-serve	9.00	19.00
28334	Cookies, gluten-free, lemon wafer	9.00	3.00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	9.00	3.00
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	9.00	--
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	9.00	--
42161	Bologna, beef, low fat	9.00	12.00
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	9.00	5.00
43154	Alcoholic beverage, wine, cooking	9.00	10.00
43155	Alcoholic beverage, wine, light	9.00	10.00
43346	Frozen novelties, juice type, orange	9.00	8.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	9.00	0.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	9.00	0.00
03052	Babyfood, dinner, beef stew, toddler	9.00	11.00
03118	Babyfood, fruit, apricot with tapioca, strained	9.00	4.00
03171	Babyfood, juice, apple and prune	9.00	7.00
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	9.00	5.00
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	9.00	5.00
04144	Salad dressing, italian dressing, reduced fat, without salt	9.00	4.00
04707	Oil, flaxseed, contains added sliced flaxseed	9.00	15.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	9.00	20.00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	9.00	19.00
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	9.00	22.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	9.00	24.00
05119	Chicken, roasting, dark meat, meat only, raw	9.00	21.00
05186	Turkey, all classes, light meat, cooked, roasted	9.00	32.00
05220	Turkey, breast, from whole bird, meat only, roasted	9.00	32.00
05228	Turkey, wing, from whole bird, meat only, roasted	9.00	32.00
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	9.00	21.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	9.00	--
05632	Emu, top loin, cooked, broiled	9.00	30.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	9.00	14.00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	9.00	16.00
05710	Turkey, retail parts, breast, meat only, raw	9.00	27.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	9.00	23.00
05732	Turkey, retail parts, breast, meat and skin, raw	9.00	24.00
05736	Turkey, retail parts, drumstick, meat and skin, raw	9.00	21.00
05739	Turkey, drumstick, from whole bird, meat only, roasted	9.00	32.00
06423	Soup, chicken with rice, canned, prepared with equal volume water	9.00	0.00
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	9.00	7.00
06448	Soup, oyster stew, canned, prepared with equal volume water	9.00	2.00
06451	Soup, pea, split with ham, canned, prepared with equal volume water	9.00	19.00
06456	Soup, cream of shrimp, canned, prepared with equal volume water	9.00	4.00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	9.00	3.00
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	9.00	3.00
06494	Soup, onion, dry, mix, prepared with water	9.00	4.00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	9.00	19.00
06961	Sauce, peppers, hot, chili, mature red, canned	9.00	12.00
07014	Braunschweiger (a liver sausage), pork	9.00	11.00
07064	Pork sausage, link/patty, cooked, pan-fried	9.00	16.00
07078	Thuringer, cervelat, summer sausage, beef, pork	9.00	14.00
07088	Honey roll sausage, beef	9.00	16.00
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	9.00	14.00
07212	OSCAR MAYER, Ham (chopped with natural juice)	9.00	23.00
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	9.00	19.00
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	9.00	17.00
07925	Pastrami, beef, 98% fat-free	9.00	18.00
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	9.00	69.00
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	9.00	55.00
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	9.00	30.00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	9.00	27.00
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	9.00	27.00
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	9.00	13.00
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	9.00	25.00
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	9.00	7.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	9.00	8.00
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	9.00	--
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	9.00	--
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	9.00	8.00
09079	Cranberries, dried, sweetened	9.00	4.00
09128	Grapefruit juice, white, raw	9.00	12.00
09138	Groundcherries, (cape-gooseberries or poha), raw	9.00	--
09181	Melons, cantaloupe, raw	9.00	12.00
09247	Peaches, dried, sulfured, stewed, without added sugar	9.00	13.00
09252	Pears, raw	9.00	7.00
09254	Pears, canned, juice pack, solids and liquids	9.00	7.00
09272	Pineapple, frozen, chunks, sweetened	9.00	10.00
09276	Pitanga, (surinam-cherry), raw	9.00	12.00
09283	Plums, canned, purple, light syrup pack, solids and liquids	9.00	5.00
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	9.00	5.00
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	9.00	5.00
09404	Grapefruit juice, pink, raw	9.00	12.00
09412	Pears, raw, bartlett	9.00	6.00
09524	Lemon juice from concentrate, bottled, REAL LEMON	9.00	6.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	9.00	20.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	9.00	12.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	9.00	17.00
10110	Pork, fresh, variety meats and by-products, liver, raw	9.00	18.00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	9.00	23.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	9.00	25.00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	9.00	22.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	9.00	23.00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	9.00	18.00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	9.00	21.00
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	9.00	19.00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	9.00	15.00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	9.00	17.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	9.00	14.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	9.00	21.00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	9.00	20.00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	9.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	9.00	17.00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	9.00	17.00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	9.00	21.00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	9.00	19.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	9.00	29.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	9.00	21.00
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	9.00	16.00
11209	Eggplant, raw	9.00	14.00
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	9.00	20.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	9.00	10.00
11337	Peppers, sweet, green, frozen, chopped, unprepared	9.00	8.00
11354	Potatoes, white, flesh and skin, raw	9.00	21.00
11358	Potatoes, red, flesh and skin, baked	9.00	28.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	9.00	21.00
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	9.00	18.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	9.00	21.00
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	9.00	16.00
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	9.00	20.00
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	9.00	10.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	9.00	10.00
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	9.00	10.00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	9.00	21.00
11917	Peppers, sweet, red, frozen, chopped, unprepared	9.00	8.00
11991	Yautia (tannier), raw	9.00	24.00
13000	Beef, grass-fed, strip steaks, lean only, raw	9.00	23.00
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	9.00	14.00
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	9.00	15.00
13320	Beef, variety meats and by-products, brain, cooked, simmered	9.00	12.00
13331	Beef, variety meats and by-products, pancreas, raw	9.00	18.00
13333	Beef, variety meats and by-products, spleen, raw	9.00	22.00
13345	Beef, cured, breakfast strips, cooked	9.00	27.00
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	9.00	20.00
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.00	22.00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	9.00	16.00
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	9.00	16.00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	9.00	17.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	9.00	16.00
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	9.00	20.00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	9.00	24.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	9.00	22.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	9.00	26.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	9.00	22.00
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	9.00	10.00
14106	Alcoholic beverage, wine, table, white	9.00	10.00
14160	Alcoholic beverage, wine, table, white, Chardonnay	9.00	10.00
14240	Beverages, cranberry-apricot juice drink, bottled	9.00	3.00
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	9.00	2.00
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	9.00	6.00
14553	Beverages, Wine, non-alcoholic	9.00	10.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	9.00	28.00
15073	Fish, roughy, orange, raw	9.00	17.00
15085	Fish, salmon, sockeye, raw	9.00	30.00
15109	Fish, surimi	9.00	43.00
15189	Fish, bluefish, cooked, dry heat	9.00	42.00
15235	Fish, catfish, channel, farmed, cooked, dry heat	9.00	23.00
15236	Fish, salmon, Atlantic, farmed, raw	9.00	27.00
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	9.00	20.00
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	9.00	25.00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	9.00	23.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	9.00	26.00
17100	Veal, leg (top round), separable lean only, cooked, braised	9.00	30.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	9.00	--
17185	Lamb, variety meats and by-products, brain, raw	9.00	12.00
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	9.00	23.00
17214	Lamb, variety meats and by-products, spleen, raw	9.00	21.00
17220	Lamb, variety meats and by-products, tongue, raw	9.00	21.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	9.00	18.00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	9.00	25.00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	9.00	20.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	9.00	20.00
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	9.00	21.00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	9.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	9.00	25.00
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	9.00	20.00
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	9.00	25.00
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	9.00	25.00
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	9.00	--
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	9.00	19.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	9.00	18.00
18205	Cookies, sugar, refrigerated dough	8.00	7.00
18305	Pie, blueberry, commercially prepared	8.00	5.00
18323	Pie, peach	8.00	6.00
18373	Leavening agents, cream of tartar	8.00	2.00
19018	Fruit syrup	8.00	1.00
19092	Candies, TWIZZLERS NIBS CHERRY BITS	8.00	--
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	8.00	2.00
19226	Frostings, chocolate, creamy, ready-to-eat	8.00	21.00
19322	Puddings, coconut cream, dry mix, instant	8.00	17.00
19324	Puddings, coconut cream, dry mix, regular	8.00	15.00
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	8.00	1.00
19382	Candies, taffy, prepared-from-recipe	8.00	0.00
20029	Couscous, cooked	8.00	--
20031	Millet, raw	8.00	114.00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	8.00	98.00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	8.00	5.00
20117	Noodles, japanese, somen, cooked	8.00	2.00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	8.00	3.00
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	8.00	--
22931	SPAGHETTIOS, SpaghettiOs Original	8.00	10.00
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	8.00	25.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	8.00	24.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	8.00	24.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	8.00	25.00
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	8.00	26.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	8.00	25.00
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	8.00	20.00
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	8.00	19.00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	8.00	19.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.00	24.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	8.00	24.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.00	26.00
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	8.00	20.00
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	8.00	19.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	8.00	21.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	8.00	22.00
23503	USDA Commodity, beef, patties (100%), frozen, cooked	8.00	19.00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	8.00	23.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	8.00	22.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	8.00	23.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	8.00	20.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	8.00	23.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	8.00	22.00
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	8.00	--
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	8.00	--
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	8.00	21.00
31001	CAMPBELL'S, Tomato juice	8.00	--
31002	CAMPBELL'S, Tomato juice, low sodium	8.00	--
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	8.00	--
31006	CAMPBELL'S, Organic Tomato juice	8.00	--
31007	HEALTHY REQUEST Tomato juice	8.00	--
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	8.00	--
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	8.00	25.00
35145	Stew, hominy with mutton (Navajo)	8.00	20.00
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	8.00	14.00
42179	Frankfurter, beef, low fat	8.00	11.00
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	8.00	19.00
43326	Pork, cured, ham, low sodium, lean and fat, cooked	8.00	21.00
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	8.00	14.00
43382	Cranberry juice, unsweetened	8.00	6.00
43483	Millet, puffed	8.00	106.00
01172	Egg, white, raw, frozen, pasteurized	8.00	11.00
03128	Babyfood, fruit, apricot with tapioca, junior	8.00	4.00
03132	Babyfood, fruit, pears, strained	8.00	--
03133	Babyfood, fruit, pears, junior	8.00	9.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
03140	Babyfood, fruit dessert, mango with tapioca	8.00	6.00
03154	Babyfood, fruit and vegetable, apple and sweet potato	8.00	6.00
03177	Babyfood, juice, orange and pineapple	8.00	9.00
03179	Babyfood, juice, mixed fruit	8.00	5.00
03280	Babyfood, fruit, bananas with tapioca, junior	8.00	12.00
03287	Babyfood, dinner, beef noodle, junior	8.00	7.00
04025	Salad dressing, mayonnaise, regular	8.00	1.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	8.00	1.00
05027	Chicken, liver, all classes, raw	8.00	19.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	8.00	18.00
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	8.00	17.00
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	8.00	--
05333	Chicken, ground, crumbles, cooked, pan-browned	8.00	28.00
05622	Emu, ground, cooked, pan-broiled	8.00	29.00
05642	Ostrich, ground, cooked, pan-broiled	8.00	23.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	8.00	21.00
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	8.00	15.00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	8.00	16.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	8.00	25.00
05734	Turkey, retail parts, wing, meat and skin, raw	8.00	17.00
06044	Soup, mushroom with beef stock, canned, condensed	8.00	7.00
06168	Sauce, ready-to-serve, pepper or hot	8.00	5.00
06170	Soup, stock, beef, home-prepared	8.00	7.00
06183	Soup, chicken broth, less/reduced sodium, ready to serve	8.00	1.00
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	8.00	6.00
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	8.00	--
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	8.00	--
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	8.00	--
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	8.00	--
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	8.00	--
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	8.00	3.00
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	8.00	--
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	8.00	--
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	8.00	--
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	8.00	--
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	8.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	8.00	--
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	8.00	--
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	8.00	--
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	8.00	--
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	8.00	--
06409	Soup, beef noodle, canned, prepared with equal volume water	8.00	3.00
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	8.00	--
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	8.00	--
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	8.00	--
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	8.00	--
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	8.00	--
06453	Soup, cream of potato, canned, prepared with equal volume water	8.00	1.00
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	8.00	--
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	8.00	--
06471	Soup, vegetable beef, canned, prepared with equal volume water	8.00	3.00
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	8.00	--
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	8.00	--
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	8.00	--
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	8.00	--
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	8.00	--
06559	Soup, tomato, canned, prepared with equal volume water, commercial	8.00	7.00
06964	Soup, tomato, low sodium, with water	8.00	7.00
07003	Beerwurst, beer salami, pork	8.00	13.00
07019	Chorizo, pork and beef	8.00	18.00
07031	Ham salad spread	8.00	10.00
07040	Liver cheese, pork	8.00	12.00
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	8.00	21.00
07063	Pork sausage, link/patty, unprepared	8.00	15.00
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	8.00	17.00
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	8.00	16.00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	8.00	5.00
09022	Apricots, canned, water pack, with skin, solids and liquids	8.00	7.00
09023	Apricots, canned, water pack, without skin, solids and liquids	8.00	9.00
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	8.00	--
09054	Blueberries, frozen, unsweetened	8.00	5.00
09078	Cranberries, raw	8.00	6.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	8.00	7.00
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	8.00	6.00
09124	Grapefruit juice, white, canned, sweetened	8.00	10.00
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	8.00	11.00
09154	Lemon juice, frozen, unsweetened, single strength	8.00	--
09217	Orange-grapefruit juice, canned or bottled, unsweetened	8.00	10.00
09248	Peaches, dried, sulfured, stewed, with added sugar	8.00	12.00
09263	Persimmons, japanese, raw	8.00	9.00
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	8.00	5.00
09427	Abiyuch, raw	8.00	24.00
09435	Guava nectar, canned, with added ascorbic acid	8.00	2.00
09450	Naranjilla (lulo) pulp, frozen, unsweetened	8.00	11.00
09452	Orange Pineapple Juice Blend	8.00	10.00
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	8.00	--
09519	Guava nectar, with sucralose, canned	8.00	2.00
09523	Lemon juice from concentrate, bottled, CONCORD	8.00	6.00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	8.00	23.00
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	8.00	12.00
10128	Pork, cured, breakfast strips, raw or unheated	8.00	12.00
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	8.00	14.00
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	8.00	22.00
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	8.00	17.00
10146	Pork, cured, ham, patties, unheated	8.00	10.00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	8.00	9.00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	8.00	26.00
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	8.00	19.00
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	8.00	23.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	8.00	18.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	8.00	17.00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	8.00	15.00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	8.00	17.00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	8.00	19.00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	8.00	15.00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	8.00	19.00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	8.00	17.00
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	8.00	14.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	8.00	19.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	8.00	16.00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	8.00	18.00
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	8.00	15.00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	8.00	17.00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	8.00	15.00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	8.00	24.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	8.00	27.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	8.00	24.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	8.00	24.00
11028	Bamboo shoots, canned, drained solids	8.00	4.00
11259	Mountain yam, hawaii, cooked, steamed, without salt	8.00	10.00
11339	Peppers, sweet, green, sauteed	8.00	--
11367	Potatoes, boiled, cooked without skin, flesh, without salt	8.00	20.00
11400	Potatoes, frozen, whole, unprepared	8.00	13.00
11563	Tree fern, cooked, without salt	8.00	5.00
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	8.00	7.00
11833	Potatoes, boiled, cooked without skin, flesh, with salt	8.00	20.00
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	8.00	7.00
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	8.00	7.00
11927	Mountain yam, hawaii, cooked, steamed, with salt	8.00	10.00
11928	Tree fern, cooked, with salt	8.00	5.00
12149	Nuts, pine nuts, pinyon, dried	8.00	234.00
13001	Beef, carcass, separable lean and fat, choice, raw	8.00	17.00
13002	Beef, carcass, separable lean and fat, select, raw	8.00	17.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	8.00	22.00
13347	Beef, cured, corned beef, brisket, cooked	8.00	12.00
13350	Beef, cured, dried	8.00	19.00
13358	Beef, cured, smoked, chopped beef	8.00	21.00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8.00	18.00
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	8.00	25.00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	8.00	25.00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	8.00	25.00
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8.00	22.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	8.00	19.00
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	8.00	16.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	8.00	15.00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	8.00	16.00
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	8.00	15.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	8.00	21.00
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	8.00	22.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	8.00	21.00
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	8.00	26.00
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	8.00	23.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.00	23.00
14017	Alcoholic beverage, pina colada, prepared-from-recipe	8.00	--
14021	Beverages, Energy drink, Citrus	8.00	0.00
14057	Alcoholic beverage, wine, dessert, sweet	8.00	9.00
14084	Alcoholic beverage, wine, table, all	8.00	11.00
14096	Alcoholic beverage, wine, table, red	8.00	12.00
14187	Beverages, Clam and tomato juice, canned	8.00	5.00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	8.00	0.00
14241	Beverages, cranberry-grape juice drink, bottled	8.00	3.00
14251	Alcoholic beverages, beer, higher alcohol	8.00	12.00
14264	Beverages, fruit punch drink, without added nutrients, canned	8.00	3.00
14267	Beverages, Fruit punch drink, with added nutrients, canned	8.00	3.00
14268	Beverages, Fruit punch drink, frozen concentrate	8.00	6.00
14536	Alcoholic beverage, wine, dessert, dry	8.00	9.00
14542	Lemonade, frozen concentrate, pink	8.00	7.00
14559	Beverages, water, bottled, non-carbonated, EVIAN	8.00	2.00
14602	Alcoholic Beverage, wine, table, red, Merlot	8.00	12.00
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	8.00	--
14620	Beverages, V8 V-FUSION Juices, Peach Mango	8.00	7.00
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	8.00	7.00
14622	Beverages, V8 V-FUSION Juices, Tropical	8.00	7.00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	8.00	1.00
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	8.00	7.00
14649	Beverages, tea, hibiscus, brewed	8.00	3.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	8.00	20.00
15054	Fish, monkfish, raw	8.00	21.00
15117	Fish, tuna, fresh, bluefin, raw	8.00	50.00
15171	Mollusks, oyster, Pacific, raw	8.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15174	Mollusks, scallop, mixed species, imitation, made from surimi	8.00	43.00
15212	Fish, salmon, pink, cooked, dry heat	8.00	32.00
15224	Fish, wolffish, Atlantic, cooked, dry heat	8.00	38.00
15234	Fish, catfish, channel, farmed, raw	8.00	19.00
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	8.00	20.00
16511	WORTHINGTON Choplets, canned, unprepared	8.00	--
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	8.00	--
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	8.00	26.00
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	8.00	24.00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	8.00	26.00
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	8.00	25.00
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	8.00	19.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	8.00	29.00
17157	Game meat, bison, separable lean only, cooked, roasted	8.00	26.00
17171	Game meat, horse, cooked, roasted	8.00	25.00
17194	Veal, variety meats and by-products, heart, cooked, braised	8.00	18.00
17200	Lamb, variety meats and by-products, liver, cooked, braised	8.00	22.00
17210	Lamb, variety meats and by-products, pancreas, raw	8.00	21.00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	8.00	24.00
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	8.00	19.00
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	8.00	23.00
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	8.00	25.00
17367	Lamb, New Zealand, imported, kidney, raw	8.00	16.00
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	8.00	16.00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	8.00	24.00
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	8.00	23.00
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	8.00	23.00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	8.00	15.00
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	8.00	21.00
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	8.00	22.00
01124	Egg, white, raw, fresh	7.00	11.00
02048	Vinegar, cider	7.00	5.00
03010	Babyfood, meat, lamb, strained	7.00	13.00
03011	Babyfood, meat, lamb, junior	7.00	10.00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	7.00	6.00
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	7.00	6.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
03160	Babyfood, fruit, guava and papaya with tapioca, strained	7.00	5.00
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	7.00	5.00
03167	Babyfood, apple-banana juice	7.00	6.00
04143	Salad dressing, italian dressing, commercial, regular, without salt	7.00	3.00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	7.00	2.00
05047	Chicken, broilers or fryers, separable fat, raw	7.00	6.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	7.00	18.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	7.00	23.00
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	7.00	16.00
05621	Emu, ground, raw	7.00	24.00
05627	Emu, full rump, cooked, broiled	7.00	34.00
05641	Ostrich, ground, raw	7.00	20.00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	7.00	--
06032	Soup, beef broth bouillon and consomme, canned, condensed	7.00	4.00
06121	Gravy, mushroom, canned	7.00	2.00
06443	Soup, cream of mushroom, canned, prepared with equal volume water	7.00	2.00
06466	Soup, turkey vegetable, canned, prepared with equal volume water	7.00	2.00
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	7.00	--
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	7.00	--
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	7.00	--
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	7.00	--
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	7.00	--
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	7.00	--
07021	Dutch brand loaf, chicken, pork and beef	7.00	15.00
07026	Ham, chopped, canned	7.00	13.00
07027	Ham, chopped, not canned	7.00	16.00
07091	New england brand sausage, pork, beef	7.00	16.00
07916	Sausage, Polish, pork and beef, smoked	7.00	12.00
07922	Bratwurst, beef and pork, smoked	7.00	15.00
07951	Scrapple, pork	7.00	13.00
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	7.00	28.00
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	7.00	22.00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	7.00	22.00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	7.00	24.00
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	7.00	36.00
09036	Apricot nectar, canned, without added ascorbic acid	7.00	5.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	7.00	5.00
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	7.00	5.00
09143	Guava sauce, cooked	7.00	--
09192	Oheloberries, raw	7.00	6.00
09220	Tangerines, (mandarin oranges), canned, light syrup pack	7.00	8.00
09255	Pears, canned, extra light syrup pack, solids and liquids	7.00	5.00
09281	Plums, canned, purple, water pack, solids and liquids	7.00	5.00
09326	Watermelon, raw	7.00	10.00
09351	Fruit cocktail, canned, heavy syrup, drained	7.00	5.00
09403	Apricot nectar, canned, with added ascorbic acid	7.00	5.00
09434	Guanabana nectar, canned	7.00	3.00
09503	Apples, raw, gala, with skin	7.00	5.00
09504	Apples, raw, fuji, with skin	7.00	5.00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	7.00	9.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	7.00	25.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	7.00	26.00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	7.00	26.00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	7.00	25.00
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	7.00	24.00
10112	Pork, fresh, variety meats and by-products, lungs, raw	7.00	14.00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	7.00	16.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	7.00	15.00
10152	Pork, cured, ham, whole, separable lean only, unheated	7.00	18.00
10153	Pork, cured, ham, whole, separable lean only, roasted	7.00	22.00
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	7.00	13.00
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	7.00	13.00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	7.00	18.00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	7.00	20.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	7.00	24.00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	7.00	20.00
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	7.00	22.00
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	7.00	16.00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	7.00	21.00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	7.00	18.00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	7.00	20.00
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	7.00	17.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	7.00	20.00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	7.00	23.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	7.00	24.00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	7.00	23.00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	7.00	22.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	7.00	23.00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	7.00	22.00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	7.00	23.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	7.00	22.00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	7.00	26.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	7.00	26.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	7.00	25.00
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	7.00	26.00
10998	Canadian bacon, cooked, pan-fried	7.00	27.00
11006	Arrowhead, cooked, boiled, drained, without salt	7.00	49.00
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	7.00	14.00
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	7.00	16.00
11701	Arrowhead, cooked, boiled, drained, with salt	7.00	49.00
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	7.00	14.00
11821	Peppers, sweet, red, raw	7.00	12.00
11921	Peppers, sweet, red, sauteed	7.00	12.00
11954	Tomatillos, raw	7.00	20.00
13321	Beef, variety meats and by-products, heart, raw	7.00	21.00
13337	Beef, variety meats and by-products, thymus, raw	7.00	14.00
13346	Beef, cured, corned beef, brisket, raw	7.00	14.00
13357	Beef, cured, sausage, cooked, smoked	7.00	13.00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	7.00	21.00
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	7.00	18.00
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	7.00	21.00
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	7.00	19.00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	7.00	23.00
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	7.00	22.00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	7.00	23.00
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	7.00	18.00
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.00	22.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	7.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	7.00	22.00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	7.00	20.00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	7.00	21.00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	7.00	18.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	7.00	18.00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	7.00	18.00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	7.00	20.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	7.00	20.00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	7.00	20.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	7.00	22.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	7.00	22.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	7.00	23.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	7.00	24.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	7.00	24.00
14090	Beverages, Coconut water, ready-to-drink, unsweetened	7.00	6.00
14282	Beverages, grape juice drink, canned	7.00	6.00
14292	Lemonade, frozen concentrate, white	7.00	--
14305	Malt beverage, includes non-alcoholic beer	7.00	--
14334	Beverages, pineapple and grapefruit juice drink, canned	7.00	6.00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	7.00	3.00
15005	Fish, bluefish, raw	7.00	33.00
15036	Fish, halibut, Atlantic and Pacific, raw	7.00	23.00
15083	Fish, salmon, pink, raw	7.00	27.00
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	7.00	--
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	7.00	27.00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	7.00	19.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	7.00	20.00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	7.00	21.00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	7.00	5.00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	7.00	32.00
17165	Game meat, deer, cooked, roasted	7.00	24.00
17199	Lamb, variety meats and by-products, liver, raw	7.00	19.00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	7.00	23.00
17207	Veal, variety meats and by-products, lungs, raw	7.00	12.00
17208	Veal, variety meats and by-products, lungs, cooked, braised	7.00	8.00
17217	Veal, variety meats and by-products, spleen, cooked, braised	7.00	14.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17222	Veal, variety meats and by-products, tongue, raw	7.00	17.00
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	7.00	25.00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	7.00	18.00
17271	Veal, breast, whole, boneless, separable lean and fat, raw	7.00	18.00
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	7.00	22.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	7.00	28.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	7.00	36.00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	7.00	26.00
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	7.00	26.00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	7.00	19.00
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	7.00	24.00
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	7.00	23.00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	7.00	21.00
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	7.00	21.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	7.00	22.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	7.00	22.00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	7.00	21.00
18302	Pie, apple, prepared from recipe	7.00	--
18306	Pie, blueberry, prepared from recipe	7.00	8.00
19034	Snacks, popcorn, air-popped	7.00	144.00
19300	Jellies	7.00	6.00
19310	Pectin, unsweetened, dry mix	7.00	1.00
20010	Buckwheat groats, roasted, cooked	7.00	51.00
20014	Corn grain, yellow	7.00	127.00
20016	Corn flour, whole-grain, yellow	7.00	93.00
20121	Pasta, cooked, enriched, without added salt	7.00	18.00
20314	Corn grain, white	7.00	127.00
20316	Corn flour, whole-grain, white	7.00	93.00
20321	Pasta, cooked, enriched, with added salt	7.00	18.00
20421	Pasta, cooked, unenriched, without added salt	7.00	18.00
20521	Pasta, cooked, unenriched, with added salt	7.00	18.00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	7.00	41.00
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	7.00	10.00
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00	25.00
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	7.00	22.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00	24.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00	23.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.00	24.00
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00	25.00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00	24.00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00	25.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	7.00	22.00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	7.00	20.00
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.00	23.00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7.00	23.00
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.00	24.00
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	7.00	21.00
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00	25.00
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.00	25.00
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	7.00	25.00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	7.00	26.00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	7.00	26.00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	7.00	24.00
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	7.00	27.00
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	7.00	26.00
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	7.00	27.00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	7.00	27.00
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	7.00	26.00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	7.00	14.00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	7.00	18.00
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	7.00	18.00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	7.00	19.00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	7.00	17.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	7.00	24.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	7.00	29.00
23507	USDA Commodity, beef, patties (100%), frozen, raw	7.00	18.00
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	7.00	17.00
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	7.00	24.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.00	22.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	7.00	22.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	7.00	23.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	7.00	24.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	7.00	24.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	7.00	21.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.00	24.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	7.00	21.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	7.00	22.00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	7.00	22.00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	7.00	23.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	7.00	23.00
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	7.00	21.00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	7.00	22.00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	7.00	23.00
27000	Soup, egg drop, Chinese restaurant	7.00	2.00
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	7.00	--
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	7.00	--
27063	Sauce, enchilada, red, mild, ready to serve	7.00	6.00
35236	Stew, pinto bean and hominy, baduhsuki (Hopi)	7.00	11.00
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	7.00	28.00
36608	CRACKER BARREL, grilled sirloin steak	7.00	28.00
43535	Babyfood, juice, apple - cherry	7.00	3.00
43598	Mayonnaise dressing, no cholesterol	7.00	1.00
01073	Dessert topping, semi solid, frozen	6.00	2.00
01205	Cream substitute, flavored, liquid	6.00	19.00
02053	Vinegar, distilled	6.00	1.00
02068	Vinegar, red wine	6.00	4.00
03005	Babyfood, meat, veal, strained	6.00	11.00
03008	Babyfood, meat, ham, strained	6.00	13.00
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	6.00	4.00
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	6.00	4.00
03142	Babyfood, fruit, applesauce and apricots, strained	6.00	4.00
03143	Babyfood, fruit, applesauce and apricots, junior	6.00	4.00
03161	Babyfood, peaches, dices, toddler	6.00	8.00
03169	Babyfood, apple-cranberry juice	6.00	3.00
03175	Babyfood, juice, orange and apricot	6.00	7.00
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	6.00	11.00
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	6.00	11.00
03265	Babyfood, juice, apple and grape	6.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	6.00	--
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	6.00	2.00
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	6.00	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	6.00	1.00
04133	Salad dressing, french, home recipe	6.00	0.00
04146	Salad dressing, french, cottonseed, oil, home recipe	6.00	--
04641	Salad dressing, mayonnaise, light	6.00	2.00
04688	Salad dressing, spray-style dressing, assorted flavors	6.00	--
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	6.00	1.00
05332	Chicken, ground, raw	6.00	21.00
05624	Emu, fan fillet, cooked, broiled	6.00	30.00
05629	Emu, inside drums, cooked, broiled	6.00	33.00
05643	Ostrich, fan, raw	6.00	22.00
05645	Ostrich, inside leg, cooked	6.00	25.00
05651	Ostrich, oyster, raw	6.00	21.00
05652	Ostrich, oyster, cooked	6.00	29.00
05654	Ostrich, tenderloin, raw	6.00	22.00
05656	Ostrich, tip trimmed, cooked	6.00	25.00
05657	Ostrich, top loin, raw	6.00	22.00
05658	Ostrich, top loin, cooked	6.00	25.00
05663	Ground turkey, fat free, pan-broiled crumbles	6.00	35.00
05664	Ground turkey, fat free, patties, broiled	6.00	35.00
05674	Chicken, skin (drumsticks and thighs), raw	6.00	8.00
05712	Turkey, retail parts, wing, meat only, raw	6.00	19.00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	6.00	24.00
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	6.00	32.00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	6.00	31.00
06008	Soup, beef broth or bouillon canned, ready-to-serve	6.00	2.00
06013	Soup, chicken broth, canned, condensed	6.00	2.00
06019	Soup, chicken noodle, canned, condensed	6.00	8.00
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	6.00	8.00
06116	Gravy, beef, canned, ready-to-serve	6.00	2.00
06480	Soup, chicken broth or bouillon, dry, prepared with water	6.00	2.00
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	6.00	4.00
06977	Gravy, meat or poultry, low sodium, prepared	6.00	2.00
06985	Gravy, HEINZ Home Style, savory beef	6.00	3.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
07005	Blood sausage	6.00	8.00
07045	Luncheon meat, pork, canned	6.00	10.00
07068	Salami, cooked, beef	6.00	13.00
07933	Chicken breast, oven-roasted, fat-free, sliced	6.00	9.00
07935	Oven-roasted chicken breast roll	6.00	17.00
07938	Ham, honey, smoked, cooked	6.00	8.00
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	6.00	23.00
08156	Cereals ready-to-eat, rice, puffed, fortified	6.00	25.00
09003	Apples, raw, with skin	6.00	5.00
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	6.00	5.00
09050	Blueberries, raw	6.00	--
09055	Blueberries, frozen, sweetened	6.00	2.00
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	6.00	5.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	6.00	5.00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	6.00	5.00
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	6.00	5.00
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	6.00	5.00
09152	Lemon juice, raw	6.00	--
09184	Melons, honeydew, raw	6.00	10.00
09191	Nectarines, raw	6.00	9.00
09236	Peaches, yellow, raw	6.00	9.00
09238	Peaches, canned, juice pack, solids and liquids	6.00	7.00
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	6.00	7.00
09279	Plums, raw	6.00	7.00
09352	Blueberries, canned, light syrup, drained	6.00	4.00
09374	Pears, canned, heavy syrup, drained	6.00	4.00
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	6.00	5.00
09422	Durian, raw or frozen	6.00	30.00
09447	Plantains, yellow, fried, Latino restaurant	6.00	45.00
09500	Apples, raw, red delicious, with skin	6.00	5.00
09501	Apples, raw, golden delicious, with skin	6.00	5.00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	6.00	25.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	6.00	29.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	6.00	26.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	6.00	26.00
10130	Canadian bacon, unprepared	6.00	20.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	6.00	17.00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	6.00	21.00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	6.00	27.00
10165	Pork, cured, salt pork, raw	6.00	7.00
10184	Pork, cured, ham, extra lean and regular, canned, unheated	6.00	16.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	6.00	22.00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	6.00	24.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	6.00	27.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	6.00	29.00
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	6.00	21.00
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	6.00	20.00
10857	HORMEL Canadian Style Bacon	6.00	19.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	6.00	22.00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	6.00	22.00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	6.00	21.00
10894	Pork, cured, ham, separable fat, boneless, heated	6.00	16.00
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	6.00	21.00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	6.00	19.00
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	6.00	14.00
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	6.00	15.00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	6.00	22.00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	6.00	22.00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	6.00	22.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	6.00	20.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	6.00	24.00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	6.00	22.00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	6.00	21.00
11210	Eggplant, cooked, boiled, drained, without salt	6.00	11.00
11261	Mushrooms, white, cooked, boiled, drained, without salt	6.00	12.00
11697	Arrowroot, raw	6.00	25.00
11783	Eggplant, cooked, boiled, drained, with salt	6.00	11.00
11797	Mushrooms, white, cooked, boiled, drained, with salt	6.00	12.00
11943	Pimento, canned	6.00	--
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	6.00	23.00
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	6.00	24.00
13326	Beef, variety meats and by-products, liver, cooked, braised	6.00	21.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	6.00	22.00
13339	Beef, variety meats and by-products, tongue, raw	6.00	16.00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	6.00	23.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	6.00	22.00
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	6.00	17.00
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	6.00	19.00
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	6.00	18.00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	6.00	19.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	6.00	17.00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	6.00	17.00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	6.00	18.00
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	6.00	19.00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	6.00	18.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	6.00	25.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	6.00	25.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	6.00	25.00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.00	19.00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.00	18.00
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	6.00	26.00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	6.00	26.00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.00	17.00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.00	17.00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.00	18.00
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.00	26.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.00	25.00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.00	26.00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	6.00	35.00
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	6.00	33.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	6.00	30.00
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.00	19.00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	6.00	18.00
14154	Beverages, Energy drink, RED BULL	6.00	19.00
15111	Fish, swordfish, cooked, dry heat	6.00	35.00
15134	Fish, wolffish, Atlantic, raw	6.00	30.00
15172	Mollusks, scallop, mixed species, raw	6.00	22.00
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	6.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	6.00	27.00
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	6.00	27.00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	6.00	31.00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	6.00	28.00
17103	Veal, leg (top round), separable lean only, cooked, roasted	6.00	28.00
17156	Game meat, bison, separable lean only, raw	6.00	25.00
17170	Game meat, horse, raw	6.00	24.00
17173	Game meat, moose, cooked, roasted	6.00	24.00
17191	Lamb, variety meats and by-products, heart, raw	6.00	17.00
17203	Veal, variety meats and by-products, liver, cooked, braised	6.00	20.00
17216	Veal, variety meats and by-products, spleen, raw	6.00	17.00
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	6.00	24.00
17270	Veal, breast, separable fat, cooked	6.00	10.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	6.00	30.00
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	6.00	28.00
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	6.00	15.00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	6.00	25.00
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	6.00	15.00
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	6.00	15.00
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	6.00	28.00
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	6.00	15.00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	6.00	19.00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	6.00	28.00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	6.00	38.00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	6.00	22.00
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	6.00	19.00
19137	Toppings, strawberry	6.00	4.00
19296	Honey	6.00	2.00
19318	Puddings, banana, dry mix, instant	6.00	2.00
19366	Toppings, pineapple	6.00	--
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	6.00	2.00
19705	Puddings, banana, dry mix, instant, with added oil	6.00	2.00
20020	Cornmeal, whole-grain, yellow	6.00	127.00
20094	Pasta, fresh-refrigerated, plain, cooked	6.00	18.00
20098	Pasta, homemade, made without egg, cooked	6.00	14.00
20320	Cornmeal, whole-grain, white	6.00	127.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
20650	Sorghum flour, refined, unenriched	6.00	31.00
21315	McDONALD'S, Sweet 'N Sour Sauce	6.00	--
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.00	23.00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	6.00	23.00
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6.00	24.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	6.00	21.00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.00	23.00
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	6.00	26.00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	6.00	23.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	6.00	21.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	6.00	21.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	6.00	22.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	6.00	21.00
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	6.00	23.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	6.00	26.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	6.00	20.00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	6.00	20.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	6.00	21.00
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	6.00	19.00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	6.00	19.00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	6.00	20.00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	6.00	28.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	6.00	28.00
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	6.00	28.00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	6.00	29.00
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	6.00	24.00
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	6.00	24.00
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	6.00	24.00
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	6.00	28.00
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	6.00	28.00
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	6.00	27.00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	6.00	28.00
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	6.00	26.00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.00	24.00
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.00	22.00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.00	22.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.00	27.00
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.00	26.00
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6.00	24.00
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	6.00	24.00
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	6.00	--
23296	Beef, Australian, imported, grass-fed, external fat, raw	6.00	--
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	6.00	20.00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	6.00	19.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	6.00	18.00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	6.00	26.00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	6.00	20.00
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	6.00	16.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	6.00	21.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	6.00	24.00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	6.00	18.00
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	6.00	19.00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	6.00	22.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	6.00	17.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	6.00	22.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	6.00	22.00
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	6.00	19.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	6.00	20.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	6.00	20.00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	6.00	19.00
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	6.00	19.00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	6.00	20.00
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	6.00	5.00
28291	Cookies, animal, with frosting or icing	6.00	7.00
31021	Potatoes, hash brown, refrigerated, unprepared	6.00	19.00
36615	DENNY'S, top sirloin steak	6.00	24.00
42040	Syrups, grenadine	6.00	4.00
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	6.00	2.00
42140	Salad dressing, italian dressing, reduced calorie	6.00	2.00
42150	Babyfood, apple yogurt dessert, strained	6.00	15.00
42151	Vegetable oil-butter spread, reduced calorie	6.00	0.00
42193	Salad Dressing, mayonnaise-like, fat-free	6.00	2.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
43585	Babyfood, fruit supreme dessert	6.00	7.00
01072	Dessert topping, pressurized	5.00	1.00
01206	Cream substitute, flavored, powdered	5.00	17.00
03002	Babyfood, meat, beef, strained	5.00	11.00
03003	Babyfood, meat, beef, junior	5.00	11.00
03007	Babyfood, meat, pork, strained	5.00	10.00
03009	Babyfood, meat, ham, junior	5.00	11.00
03117	Babyfood, fruit, applesauce, junior	5.00	3.00
03129	Babyfood, fruit, bananas with tapioca, strained	5.00	10.00
03147	Babyfood, fruit, applesauce with banana, junior	5.00	9.00
03152	Babyfood, fruit, apple and raspberry, strained	5.00	4.00
03153	Babyfood, fruit, apple and raspberry, junior	5.00	4.00
03163	Babyfood, fruit, bananas with apples and pears, strained	5.00	25.00
03165	Babyfood, fruit, apple and blueberry, junior	5.00	3.00
03170	Babyfood, juice, apple and plum	5.00	3.00
03174	Babyfood, juice, orange and apple and banana	5.00	6.00
03220	Babyfood, dessert, dutch apple, strained	5.00	2.00
03222	Babyfood, cherry cobbler, junior	5.00	2.00
03224	Babyfood, dessert, cherry vanilla pudding, strained	5.00	2.00
03225	Babyfood, dessert, cherry vanilla pudding, junior	5.00	2.00
03268	Babyfood, juice, apple and cherry	5.00	3.00
04018	Salad dressing, mayonnaise type, regular, with salt	5.00	2.00
04367	Salad dressing, french dressing, fat-free	5.00	3.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	5.00	28.00
05144	Duck, wild, meat and skin, raw	5.00	20.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	5.00	25.00
05363	Ruffed Grouse, breast meat, skinless, raw	5.00	32.00
05644	Ostrich, inside leg, raw	5.00	22.00
05646	Ostrich, inside strip, raw	5.00	23.00
05647	Ostrich, inside strip, cooked	5.00	26.00
05648	Ostrich, outside leg, raw	5.00	23.00
05649	Ostrich, outside strip, raw	5.00	23.00
05650	Ostrich, outside strip, cooked	5.00	26.00
05653	Ostrich, round, raw	5.00	22.00
05655	Ostrich, tip trimmed, raw	5.00	22.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	5.00	34.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	5.00	28.00
06419	Soup, chicken noodle, canned, prepared with equal volume water	5.00	4.00
06442	Soup, mushroom barley, canned, prepared with equal volume water	5.00	4.00
06465	Soup, turkey noodle, canned, prepared with equal volume water	5.00	2.00
06481	Soup, chicken broth cubes, dry, prepared with water	5.00	1.00
06962	Sauce, chili, peppers, hot, immature green, canned	5.00	12.00
07028	Ham, sliced, pre-packaged, deli meat (96% fat free, water added)	5.00	19.00
07043	Roast beef, deli style, prepackaged, sliced	5.00	20.00
07044	USDA Commodity, luncheon meat, canned	5.00	18.00
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	5.00	39.00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	5.00	23.00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	5.00	27.00
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	5.00	4.00
08100	Cereals, CREAM OF RICE, dry	5.00	23.00
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	5.00	29.00
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	5.00	24.00
09004	Apples, raw, without skin	5.00	4.00
09005	Apples, raw, without skin, cooked, boiled	5.00	3.00
09006	Apples, raw, without skin, cooked, microwave	5.00	3.00
09015	Apples, frozen, unsweetened, heated	5.00	3.00
09040	Bananas, raw	5.00	27.00
09052	Blueberries, canned, heavy syrup, solids and liquids	5.00	4.00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	5.00	7.00
09164	Litchis, raw	5.00	10.00
09239	Peaches, canned, extra light syrup, solids and liquids	5.00	--
09251	Peach nectar, canned, without added ascorbic acid	5.00	4.00
09256	Pears, canned, light syrup pack, solids and liquids	5.00	4.00
09257	Pears, canned, heavy syrup pack, solids and liquids	5.00	4.00
09258	Pears, canned, extra heavy syrup pack, solids and liquids	5.00	4.00
09262	Pear nectar, canned, without added ascorbic acid	5.00	3.00
09407	Peach nectar, canned, with added ascorbic acid	5.00	4.00
09408	Pear nectar, canned, with added ascorbic acid	5.00	3.00
09502	Apples, raw, granny smith, with skin	5.00	--
10005	Pork, fresh, belly, raw	5.00	4.00
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	5.00	20.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	5.00	27.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	5.00	27.00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	5.00	27.00
10103	Pork, fresh, variety meats and by-products, heart, raw	5.00	19.00
10123	Pork, cured, bacon, unprepared	5.00	12.00
10158	USDA Commodity, pork, canned	5.00	20.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	5.00	6.00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	5.00	20.00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	5.00	17.00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	5.00	22.00
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	5.00	19.00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	5.00	27.00
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	5.00	35.00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	5.00	36.00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	5.00	26.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	5.00	25.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	5.00	23.00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	5.00	25.00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	5.00	25.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	5.00	25.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	5.00	23.00
11182	Corn, yellow, whole kernel, frozen, microwaved	5.00	25.00
11184	Corn with red and green peppers, canned, solids and liquids	5.00	25.00
11363	Potatoes, baked, flesh, without salt	5.00	25.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	5.00	22.00
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	5.00	25.00
11376	Potatoes, canned, drained solids	5.00	14.00
11695	Tomatoes, orange, raw	5.00	8.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	5.00	23.00
11829	Potatoes, baked, flesh, with salt	5.00	25.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	5.00	22.00
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	5.00	25.00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	5.00	23.00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	5.00	23.00
11944	Pickle relish, hot dog	5.00	19.00
13023	Beef, brisket, whole, separable lean only, all grades, raw	5.00	23.00
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	5.00	28.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	5.00	28.00
13322	Beef, variety meats and by-products, heart, cooked, simmered	5.00	21.00
13325	Beef, variety meats and by-products, liver, raw	5.00	18.00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	5.00	15.00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	5.00	24.00
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	5.00	24.00
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	5.00	24.00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	5.00	22.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	5.00	21.00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	5.00	22.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	5.00	24.00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	5.00	24.00
14121	Beverages, carbonated, club soda	5.00	1.00
14130	Carbonated beverage, cream soda	5.00	1.00
14150	Beverages, carbonated, orange	5.00	1.00
14157	Beverages, carbonated, root beer	5.00	1.00
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	5.00	2.00
14323	Beverages, orange drink, canned, with added vitamin C	5.00	2.00
14327	Beverages, orange and apricot juice drink, canned	5.00	--
14341	Beverages, pineapple and orange juice drink, canned	5.00	6.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	5.00	2.00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	5.00	2.00
15110	Fish, swordfish, raw	5.00	29.00
17094	Veal, leg (top round), separable lean and fat, raw	5.00	26.00
17099	Veal, leg (top round), separable lean only, raw	5.00	27.00
17147	Game meat, bear, cooked, simmered	5.00	23.00
17164	Game meat, deer, raw	5.00	23.00
17167	Game meat, elk, cooked, roasted	5.00	24.00
17172	Game meat, moose, raw	5.00	23.00
17193	Veal, variety meats and by-products, heart, raw	5.00	18.00
17202	Veal, variety meats and by-products, liver, raw	5.00	20.00
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	5.00	24.00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	5.00	27.00
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	5.00	24.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	5.00	28.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	5.00	27.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
17340	Game meat, elk, loin, separable lean only, cooked, broiled	5.00	28.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	5.00	28.00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	5.00	29.00
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	5.00	33.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	5.00	21.00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	5.00	22.00
17373	Lamb, New Zealand, imported, heart, raw	5.00	20.00
17377	Lamb, New Zealand, imported, testes, raw	5.00	11.00
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	5.00	31.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	5.00	22.00
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	5.00	21.00
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	5.00	20.00
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	5.00	18.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	5.00	31.00
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	5.00	19.00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	5.00	18.00
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	5.00	--
19206	Puddings, vanilla, dry mix, regular	5.00	0.00
19263	Frozen novelties, fruit and juice bars	5.00	4.00
19332	Puddings, lemon, dry mix, regular	5.00	4.00
19360	Syrups, table blends, pancake, with 2% maple	5.00	2.00
19384	Candies, divinity, prepared-from-recipe	5.00	2.00
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	5.00	2.00
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	5.00	3.00
20058	Rice, white, steamed, Chinese restaurant	5.00	--
20315	Corn flour, whole-grain, blue (harina de maiz morado)	5.00	110.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	5.00	36.00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	5.00	24.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.00	26.00
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	5.00	25.00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.00	27.00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	5.00	23.00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.00	25.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	5.00	25.00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.00	24.00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.00	28.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	5.00	20.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	5.00	24.00
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.00	26.00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	5.00	24.00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.00	26.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	5.00	24.00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.00	25.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	5.00	24.00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.00	26.00
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	5.00	23.00
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.00	25.00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	5.00	24.00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.00	26.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.00	26.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	5.00	24.00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.00	26.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	5.00	24.00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.00	25.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.00	24.00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	5.00	23.00
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	5.00	20.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	5.00	20.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	5.00	23.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	5.00	27.00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	5.00	25.00
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	5.00	25.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	5.00	24.00
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	5.00	24.00
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	5.00	27.00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	5.00	26.00
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	5.00	25.00
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	5.00	27.00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	5.00	25.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	5.00	25.00
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	5.00	26.00
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	5.00	26.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	5.00	26.00
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	5.00	26.00
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	5.00	--
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	5.00	--
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	5.00	--
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	5.00	--
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	5.00	--
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	5.00	--
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	5.00	--
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	5.00	--
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	5.00	--
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	5.00	19.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	5.00	17.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	5.00	23.00
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	5.00	18.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	5.00	20.00
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	5.00	26.00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	5.00	17.00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	5.00	29.00
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	5.00	17.00
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	5.00	20.00
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	5.00	18.00
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	5.00	18.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	5.00	19.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	5.00	20.00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	5.00	17.00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	5.00	29.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	5.00	23.00
27002	Soup, wonton, Chinese restaurant	5.00	3.00
28309	Cookies, coconut macaroon	5.00	29.00
35015	Blackberries, wild, raw (Alaska Native)	5.00	4.00
35140	Bread, kneel down (Navajo)	5.00	55.00
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	5.00	24.00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	5.00	20.00
43311	Potatoes, canned, drained solids, no salt added	5.00	14.00
43479	Alcoholic beverage, rice (sake)	5.00	6.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
44110	Jellies, reduced sugar, home preserved	5.00	6.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4.00	24.00
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	4.00	79.00
19070	Candies, butterscotch	4.00	0.00
19198	Puddings, tapioca, dry mix	4.00	2.00
19246	Frostings, white, fluffy, dry mix	4.00	3.00
19247	Frostings, white, fluffy, dry mix, prepared with water	4.00	2.00
19312	Pie fillings, apple, canned	4.00	2.00
19709	Puddings, tapioca, dry mix, with no added salt	4.00	2.00
20091	Pasta, gluten-free, corn, dry	4.00	119.00
20115	Noodles, japanese, soba, cooked	4.00	9.00
20134	Rice noodles, cooked	4.00	3.00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	4.00	24.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	4.00	25.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	4.00	24.00
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	4.00	--
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	4.00	--
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	4.00	--
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	4.00	--
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	4.00	--
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	4.00	--
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	4.00	--
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	4.00	--
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	4.00	--
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	4.00	--
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	4.00	--
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	4.00	--
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	4.00	--
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	4.00	--
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	4.00	--
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	4.00	22.00
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	4.00	21.00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	4.00	24.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	4.00	20.00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	4.00	22.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	4.00	21.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
23418	Beef, New Zealand, imported, inside, raw	4.00	22.00
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	4.00	21.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	4.00	19.00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	4.00	18.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	4.00	20.00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	4.00	16.00
23438	Beef, New Zealand, imported, sweetbread, raw	4.00	15.00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	4.00	31.00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	4.00	18.00
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	4.00	24.00
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	4.00	16.00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	4.00	22.00
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	4.00	24.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	4.00	21.00
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	4.00	19.00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	4.00	22.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	4.00	22.00
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	4.00	30.00
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	4.00	24.00
43019	Salad dressing, sweet and sour	4.00	3.00
43331	Salad dressing, bacon and tomato	4.00	6.00
43546	Babyfood, banana no tapioca, strained	4.00	26.00
01003	Butter oil, anhydrous	4.00	0.00
03112	Babyfood, potatoes, toddler	4.00	15.00
03116	Babyfood, fruit, applesauce, strained	4.00	3.00
03120	Babyfood, vegetables, corn, creamed, junior	4.00	8.00
03130	Babyfood, fruit, peaches, strained	4.00	7.00
03131	Babyfood, fruit, peaches, junior	4.00	7.00
03150	Babyfood, fruit, applesauce and pineapple, strained	4.00	3.00
03151	Babyfood, fruit, applesauce and pineapple, junior	4.00	--
03164	Babyfood, fruit, apple and blueberry, strained	4.00	3.00
03166	Babyfood, juice, apple	4.00	3.00
03227	Babyfood, dessert, peach cobbler, strained	4.00	2.00
03228	Babyfood, dessert, peach cobbler, junior	4.00	2.00
03289	Babyfood, apples with ham, strained	4.00	7.00
04630	Margarine Spread, approximately 48% fat, tub	4.00	1.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
04687	Margarine-like spread, BENECOL Light Spread	4.00	1.00
05111	Canada Goose, breast meat, skinless, raw	4.00	29.00
05626	Emu, full rump, raw	4.00	40.00
05628	Emu, inside drum, raw	4.00	26.00
05631	Emu, oyster, raw	4.00	30.00
05714	Turkey, skin, from retail parts, from dark meat, raw	4.00	7.00
05717	Turkey, retail parts, thigh, meat only, raw	4.00	22.00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	4.00	23.00
05742	Turkey, retail parts, thigh, meat and skin, raw	4.00	20.00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	4.00	21.00
06114	Gravy, au jus, canned	4.00	2.00
06125	Gravy, turkey, canned, ready-to-serve	4.00	2.00
06147	Soup, beef mushroom, canned, condensed	4.00	7.00
06194	Soup, chicken broth, ready-to-serve	4.00	1.00
06413	Soup, chicken broth, canned, prepared with equal volume water	4.00	1.00
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	4.00	0.00
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	4.00	--
06475	Soup, beef broth or bouillon, powder, prepared with water	4.00	2.00
06476	Soup, beef broth, cubed, prepared with water	4.00	2.00
06970	Soup, chicken broth, low sodium, canned	4.00	1.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	4.00	1.00
07932	Chicken breast, fat-free, mesquite flavor, sliced	4.00	36.00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	4.00	36.00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	4.00	28.00
09007	Apples, canned, sweetened, sliced, drained, unheated	4.00	2.00
09008	Apples, canned, sweetened, sliced, drained, heated	4.00	3.00
09010	Apples, dehydrated (low moisture), sulfured, stewed	4.00	5.00
09014	Apples, frozen, unsweetened, unheated	4.00	3.00
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	4.00	3.00
09232	Passion-fruit juice, purple, raw	4.00	17.00
09233	Passion-fruit juice, yellow, raw	4.00	17.00
09253	Pears, canned, water pack, solids and liquids	4.00	--
09295	Pummelo, raw	4.00	6.00
09340	Pears, asian, raw	4.00	8.00
09401	Applesauce, canned, unsweetened, with added ascorbic acid	4.00	3.00
09402	Applesauce, canned, sweetened, with salt	4.00	3.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
09446	Plantains, green, fried	4.00	58.00
10105	Pork, fresh, variety meats and by-products, jowl, raw	4.00	3.00
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	4.00	19.00
10851	HORMEL, Cure 81 Ham	4.00	20.00
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	4.00	21.00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	4.00	22.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	4.00	20.00
10895	Pork, cured, ham, separable fat, boneless, unheated	4.00	11.00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	4.00	19.00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	4.00	22.00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.00	23.00
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	4.00	12.00
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	4.00	15.00
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	4.00	18.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	4.00	32.00
11263	Mushrooms, white, stir-fried	4.00	11.00
11590	Waterchestnuts, chinese, canned, solids and liquids	4.00	5.00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	4.00	15.00
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	4.00	16.00
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	4.00	16.00
11906	Corn, sweet, white, canned, cream style, regular pack	4.00	15.00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	4.00	18.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	4.00	19.00
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	4.00	19.00
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	4.00	32.00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	4.00	--
11958	Pickle relish, hamburger	4.00	7.00
12116	Nuts, coconut cream, canned, sweetened	4.00	17.00
12129	Nuts, ginkgo nuts, canned	4.00	16.00
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	4.00	32.00
13344	Beef, cured, breakfast strips, raw or unheated	4.00	11.00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	4.00	25.00
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4.00	25.00
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	4.00	25.00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	4.00	26.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	4.00	26.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	4.00	26.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	4.00	26.00
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.00	22.00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	4.00	22.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	4.00	25.00
14003	Alcoholic beverage, beer, regular, all	4.00	6.00
14004	Alcoholic beverage, beer, regular, BUDWEISER	4.00	7.00
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	4.00	6.00
14006	Alcoholic beverage, beer, light	4.00	5.00
14013	Alcoholic beverage, beer, light, low carb	4.00	--
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	4.00	1.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	4.00	1.00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	4.00	1.00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	4.00	1.00
14215	Beverages, coffee, instant, regular, prepared with water	4.00	--
14219	Beverages, coffee, instant, decaffeinated, prepared with water	4.00	--
14223	Beverages, coffee, instant, chicory	4.00	3.00
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	4.00	3.00
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	4.00	2.00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	4.00	5.00
14239	Alcoholic beverage, malt beer, hard lemonade	4.00	--
14248	Alcoholic beverage, beer, light, higher alcohol	4.00	5.00
14250	Beverages, AMBER, hard cider	4.00	3.00
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	4.00	1.00
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	4.00	2.00
14288	Lemonade, powder, prepared with water	4.00	10.00
14293	Lemonade, frozen concentrate, white, prepared with water	4.00	2.00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	4.00	13.00
14350	Strawberry-flavor beverage mix, powder	4.00	1.00
14439	Water, bottled, non-carbonated, NAYA	4.00	2.00
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	4.00	1.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	4.00	2.00
14552	Carbonated beverage, chocolate-flavored soda	4.00	1.00
15124	Fish, tuna, white, canned in oil, drained solids	4.00	34.00
15127	Fish, tuna, fresh, yellowfin, raw	4.00	35.00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	4.00	34.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
15196	Fish, halibut, greenland, cooked, dry heat	4.00	33.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	4.00	42.00
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	4.00	10.00
17145	Game meat, antelope, cooked, roasted	4.00	28.00
17166	Game meat, elk, raw	4.00	23.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	4.00	24.00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	4.00	24.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	4.00	30.00
17358	Lamb, New Zealand, imported, brains, raw	4.00	14.00
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	4.00	25.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	4.00	24.00
17369	Lamb, New Zealand, imported, liver, raw	4.00	18.00
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	4.00	15.00
17371	Lamb, New Zealand, imported, ground lamb, raw	4.00	18.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	4.00	26.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	4.00	24.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	4.00	26.00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	4.00	26.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	4.00	26.00
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	4.00	24.00
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	4.00	24.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	4.00	26.00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	4.00	30.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	4.00	21.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	4.00	25.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	3.00	23.00
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.00	23.00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	3.00	21.00
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	3.00	21.00
19005	Snacks, corn-based, extruded, cones, plain	3.00	11.00
19099	Candies, fondant, prepared-from-recipe	3.00	0.00
19106	Candies, gumdrops, starch jelly pieces	3.00	1.00
19107	Candies, hard	3.00	--
19108	Candies, jellybeans	3.00	2.00
19116	Candies, marshmallows	3.00	2.00
19129	Syrups, table blends, pancake	3.00	2.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
19172	Gelatin desserts, dry mix	3.00	2.00
19173	Gelatin desserts, dry mix, prepared with water	3.00	1.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	3.00	1.00
19228	Frostings, cream cheese-flavor, ready-to-eat	3.00	2.00
19230	Frostings, vanilla, creamy, ready-to-eat	3.00	1.00
19244	Frostings, vanilla, creamy, dry mix	3.00	2.00
19365	Toppings, marshmallow cream	3.00	2.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	3.00	13.00
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	3.00	2.00
20022	Cornmeal, degermed, enriched, yellow	3.00	32.00
20032	Millet, cooked	3.00	44.00
20037	Rice, brown, long-grain, cooked	3.00	39.00
20051	Rice, white, medium-grain, enriched, cooked	3.00	13.00
20052	Rice, white, short-grain, enriched, uncooked	3.00	23.00
20089	Wild rice, cooked	3.00	32.00
20322	Cornmeal, degermed, enriched, white	3.00	32.00
20422	Cornmeal, degermed, unenriched, yellow	3.00	32.00
20451	Rice, white, medium-grain, cooked, unenriched	3.00	13.00
20452	Rice, white, short-grain, raw, unenriched	3.00	23.00
20522	Cornmeal, degermed, unenriched, white	3.00	32.00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	3.00	39.00
23297	Beef, Australian, imported, grass-fed, seam fat, raw	3.00	--
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	3.00	--
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	3.00	20.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	3.00	22.00
43268	Whipped cream substitute, dietetic, made from powdered mix	3.00	1.00
43550	Babyfood, banana apple dessert, strained	3.00	8.00
01074	Sour cream, imitation, cultured	3.00	6.00
02052	Vanilla extract, imitation, no alcohol	3.00	1.00
03168	Babyfood, juice, apple and peach	3.00	--
03221	Babyfood, dessert, dutch apple, junior	3.00	4.00
03293	Babyfood, plums, bananas and rice, strained	3.00	11.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	3.00	--
04611	Margarine, regular, 80% fat, composite, tub, with salt	3.00	1.00
04617	Margarine, regular, 80% fat, composite, stick, without salt	3.00	--
04618	Margarine, regular, 80% fat, composite, tub, without salt	3.00	1.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	3.00	1.00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	3.00	1.00
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	3.00	1.00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	3.00	--
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	3.00	1.00
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	3.00	--
05145	Duck, wild, breast, meat only, raw	3.00	22.00
05155	Pheasant, breast, meat only, raw	3.00	21.00
05623	Emu, fan fillet, raw	3.00	42.00
05625	Emu, flat fillet, raw	3.00	31.00
05630	Emu, outside drum, raw	3.00	29.00
05662	Ground turkey, fat free, raw	3.00	29.00
06172	Soup, stock, chicken, home-prepared	3.00	4.00
06174	Soup, stock, fish, home-prepared	3.00	7.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	3.00	1.00
06615	Soup, SWANSON, vegetable broth	3.00	1.00
06700	Soup, vegetable broth, ready to serve	3.00	1.00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	3.00	8.00
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	3.00	12.00
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	3.00	15.00
09012	Apples, dried, sulfured, stewed, without added sugar	3.00	4.00
09013	Apples, dried, sulfured, stewed, with added sugar	3.00	--
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	3.00	--
09060	Carambola, (starfruit), raw	3.00	10.00
09081	Cranberry sauce, canned, sweetened	3.00	2.00
09240	Peaches, canned, light syrup pack, solids and liquids	3.00	5.00
09241	Peaches, canned, heavy syrup pack, solids and liquids	3.00	5.00
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	3.00	5.00
09250	Peaches, frozen, sliced, sweetened	3.00	5.00
09277	Plantains, raw	3.00	37.00
09370	Peaches, canned, heavy syrup, drained	3.00	5.00
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	3.00	2.00
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	3.00	2.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	3.00	26.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	3.00	13.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	3.00	17.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	3.00	28.00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	3.00	29.00
11243	Mushrooms, portabella, grilled	3.00	13.00
11260	Mushrooms, white, raw	3.00	9.00
11265	Mushrooms, portabella, raw	3.00	--
11269	Mushrooms, shiitake, cooked, without salt	3.00	14.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	3.00	26.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	3.00	17.00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	3.00	28.00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	3.00	29.00
11798	Mushrooms, shiitake, cooked, with salt	3.00	14.00
11905	Corn, sweet, white, canned, whole kernel, drained solids	3.00	13.00
11907	Corn, sweet, white, canned, cream style, no salt added	3.00	17.00
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	3.00	29.00
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	3.00	29.00
11938	Mushroom, white, exposed to ultraviolet light, raw	3.00	9.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	3.00	13.00
11945	Pickle relish, sweet	3.00	5.00
11987	Mushrooms, oyster, raw	3.00	18.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	3.00	10.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	3.00	24.00
14007	Alcoholic beverage, beer, light, BUD LIGHT	3.00	7.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	3.00	2.00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	3.00	1.00
14136	Beverages, carbonated, ginger ale	3.00	1.00
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	3.00	1.00
14142	Beverages, carbonated, grape soda	3.00	1.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	3.00	0.00
14153	Beverages, carbonated, pepper-type, contains caffeine	3.00	0.00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	3.00	5.00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	3.00	1.00
14217	Beverages, OCEAN SPRAY, Cran Grape	3.00	1.00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	3.00	1.00
14238	Beverages, cranberry-apple juice drink, bottled	3.00	1.00
14242	Cranberry juice cocktail, bottled	3.00	1.00
14252	Beverages, Malt liquor beverage	3.00	5.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
14256	Beverages, OCEAN SPRAY, Cran Cherry	3.00	1.00
14257	Beverages, OCEAN SPRAY, Light Cranberry	3.00	1.00
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	3.00	2.00
14284	Beverages, Cranberry juice cocktail	3.00	1.00
14367	Beverages, tea, instant, unsweetened, prepared with water	3.00	2.00
14376	Beverages, tea, instant, lemon, diet	3.00	2.00
14411	Beverages, water, tap, drinking	3.00	1.00
14412	Beverages, water, tap, well	3.00	1.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	3.00	1.00
14429	Beverages, water, tap, municipal	3.00	1.00
14432	Beverages, water, bottled, non-carbonated, DANNON	3.00	1.00
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	3.00	0.00
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	3.00	1.00
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	3.00	1.00
14548	Beverages, tea, instant, lemon, with added ascorbic acid	3.00	11.00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	3.00	1.00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	3.00	1.00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	3.00	5.00
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	3.00	5.00
15038	Fish, halibut, Greenland, raw	3.00	26.00
16079	Mothbeans, mature seeds, cooked, boiled, without salt	3.00	104.00
16379	Mothbeans, mature seeds, cooked, boiled, with salt	3.00	104.00
16519	WORTHINGTON Super Links, canned, unprepared	3.00	--
17144	Game meat, antelope, raw	3.00	27.00
17146	Game meat, bear, raw	3.00	--
17184	Game meat, squirrel, cooked, roasted	3.00	28.00
17218	Veal, variety meats and by-products, thymus, raw	3.00	23.00
01069	Cream substitute, powdered	2.00	1.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	2.00	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	2.00	0.00
06528	Soup, chicken noodle, dry, mix, prepared with water	2.00	3.00
06547	Soup, beef mushroom, canned, prepared with equal volume water	2.00	4.00
06611	Soup, SWANSON, beef broth, lower sodium	2.00	1.00
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	2.00	27.00
08314	Cereals, QUAKER, hominy grits, white, quick, dry	2.00	27.00
08316	Cereals, QUAKER, hominy grits, white, regular, dry	2.00	27.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
08506	Cereals ready-to-eat, RALSTON Corn Flakes	2.00	7.00
09237	Peaches, canned, water pack, solids and liquids	2.00	5.00
09278	Plantains, cooked	2.00	32.00
10004	Pork, fresh, backfat, raw	2.00	--
11167	Corn, sweet, yellow, raw	2.00	37.00
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	2.00	11.00
11238	Mushrooms, shiitake, raw	2.00	20.00
11267	Mushrooms, shiitake, stir-fried	2.00	19.00
11900	Corn, sweet, white, raw	2.00	37.00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	2.00	31.00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	2.00	31.00
12127	Nuts, ginkgo nuts, raw	2.00	27.00
13335	Beef, variety meats and by-products, suet, raw	2.00	1.00
14028	Beverages, Whiskey sour mix, bottled	2.00	1.00
14095	Beverages, MINUTE MAID, Lemonada, Limeade	2.00	--
14144	Beverages, carbonated, lemon-lime soda, no caffeine	2.00	1.00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	2.00	1.00
14147	Beverages, carbonated, cola, without caffeine	2.00	0.00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	2.00	0.00
14165	Beverages, carbonated, limeade, high caffeine	2.00	0.00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	2.00	--
14180	Beverages, coffee, brewed, breakfast blend	2.00	4.00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	2.00	--
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	2.00	5.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	2.00	80.00
14209	Beverages, coffee, brewed, prepared with tap water	2.00	3.00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	2.00	80.00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	2.00	1.00
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	2.00	1.00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	2.00	1.00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	2.00	3.00
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	2.00	1.00
14303	Limeade, frozen concentrate, prepared with water	2.00	--
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	2.00	3.00
14370	Beverages, tea, instant, lemon, sweetened, powder	2.00	3.00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	2.00	1.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
14381	Beverages, tea, herb, other than chamomile, brewed	2.00	1.00
14400	Beverages, carbonated, cola, fast-food cola	2.00	0.00
14530	Whiskey sour mix, bottled, with added potassium and sodium	2.00	1.00
14545	Beverages, tea, herb, brewed, chamomile	2.00	1.00
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	2.00	1.00
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	2.00	1.00
14640	Beverages, Energy drink, VAULT, citrus flavor	2.00	3.00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	2.00	3.00
17154	Veal, Australian, separable fat, raw	2.00	--
17183	Game meat, squirrel, raw	2.00	24.00
17375	Lamb, New Zealand, imported, sweetbread, raw	2.00	14.00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.00	23.00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.00	24.00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	2.00	26.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	2.00	24.00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.00	24.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	2.00	26.00
19113	Syrups, table blends, pancake, with butter	2.00	0.00
19217	Frozen novelties, ice type, fruit, no sugar added	2.00	--
19280	Frozen novelties, ice type, lime	2.00	1.00
19330	Puddings, lemon, dry mix, instant	2.00	0.00
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	2.00	1.00
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	2.00	1.00
20018	Corn flour, yellow, degermed, unenriched	2.00	18.00
20027	Cornstarch	2.00	3.00
20055	Rice, white, glutinous, unenriched, cooked	2.00	5.00
20657	Pasta, gluten-free, corn and rice flour, cooked	2.00	11.00
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	2.00	--
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	2.00	--
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	2.00	--
42270	Beverages, Orange juice drink	2.00	3.00
43497	Jellyfish, dried, salted	2.00	--
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	2.00	1.00
03144	Babyfood, fruit, applesauce and cherries, strained	1.00	4.00
03145	Babyfood, fruit, applesauce and cherries, junior	1.00	4.00
04047	Oil, coconut	1.00	0.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
04053	Oil, olive, salad or cooking	1.00	0.00
04615	Shortening, vegetable, household, composite	1.00	0.00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	1.00	0.00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	1.00	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	1.00	0.00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	1.00	0.00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	1.00	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	1.00	0.00
05285	Turkey, diced, light and dark meat, seasoned	1.00	17.00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	1.00	20.00
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.00	7.00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	1.00	3.00
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.00	7.00
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.00	5.00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	1.00	5.00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	1.00	3.00
09172	Longans, raw	1.00	10.00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	1.00	--
10864	Pork, bacon, rendered fat, cooked	1.00	0.00
11993	Mushrooms, maitake, raw	1.00	10.00
12077	Nuts, beechnuts, dried	1.00	0.00
14015	Alcoholic beverage, pina colada, canned	1.00	6.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	1.00	--
14076	Beverages, ICELANDIC, Glacial Natural spring water	1.00	0.00
14148	Beverages, carbonated, cola, regular	1.00	0.00
14155	Beverages, carbonated, tonic water	1.00	0.00
14190	Beverages, tea, green, ready-to-drink, diet	1.00	--
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	1.00	0.00
14206	Beverages, tea, green, ready-to-drink, sweetened	1.00	0.00
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	1.00	--
14261	Beverages, tea, green, ready to drink, unsweetened	1.00	0.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	1.00	--
14385	Beverages, water, bottled, POLAND SPRING	1.00	--
14414	Alcoholic beverage, liqueur, coffee, 53 proof	1.00	3.00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	1.00	0.00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	1.00	0.00

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	1.00	0.00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	1.00	0.00
14531	Alcoholic beverage, whiskey sour	1.00	--
14534	Alcoholic beverage, liqueur, coffee, 63 proof	1.00	3.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	1.00	0.00
14623	Beverages, V8 V- FUSION Juices, Acai Berry	1.00	--
14629	Beverages, Energy drink, ROCKSTAR	1.00	0.00
19281	Frozen novelties, ice type, italian, restaurant-prepared	1.00	0.00
19335	Sugars, granulated	1.00	0.00
19336	Sugars, powdered	1.00	0.00
19907	Sweeteners, for baking, contains sugar and sucralose	1.00	0.00
19912	Sweetener, syrup, agave	1.00	--
20053	Rice, white, short-grain, enriched, cooked	1.00	8.00
20092	Pasta, gluten-free, corn, cooked	1.00	36.00
20453	Rice, white, short-grain, cooked, unenriched	1.00	8.00
42136	Cream substitute, powdered, light	1.00	0.00
42141	Cream substitute, liquid, light	1.00	0.00
42231	Oil, flaxseed, cold pressed	1.00	0.00
44018	Sweeteners, tabletop, fructose, liquid	1.00	0.00
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0.00	32.00
18202	Cookies, sugar wafer, with creme filling, sugar free	0.00	7.00
18372	Leavening agents, baking soda	0.00	--
18966	Crackers, saltines, whole wheat (includes multi-grain)	0.00	70.00
19030	Syrup, fruit flavored	0.00	1.00
19112	Candies, TWIZZLERS Strawberry Twists Candy	0.00	--
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.00	1.00
19163	Chewing gum	0.00	--
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	0.00	--
19283	Frozen novelties, ice type, pop	0.00	1.00
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	0.00	--
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	0.00	--
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	0.00	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.00	--
19351	Syrups, corn, high-fructose	0.00	--
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	0.00	--
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	0.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	0.00	--
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0.00	1.00
19387	Frozen novelties, ice type, pineapple-coconut	0.00	5.00
19868	Sweeteners, tabletop, sucralose, SLENDA packets	0.00	--
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	0.00	1.00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0.00	74.00
19918	Sweetener, herbal extract powder from Stevia leaf	0.00	--
19919	Candies, fruit snacks, with high vitamin C	0.00	1.00
19924	Syrup, NESTLE, chocolate	0.00	40.00
22951	SWANSON, Chicken A La King	0.00	--
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	0.00	107.00
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	0.00	97.00
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	0.00	--
27027	PACE, Pico De Gallo	0.00	--
27028	PACE, Salsa Verde	0.00	--
27029	PACE, Tequila Lime Salsa	0.00	--
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	0.00	31.00
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	0.00	25.00
28300	Cookies, oatmeal sandwich, with creme filling	0.00	35.00
28301	Cookies, peanut butter, commercially prepared, sugar free	0.00	49.00
28311	Cookies, sugar wafer, chocolate-covered	0.00	45.00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	0.00	30.00
28316	Bread, wheat, sprouted	0.00	66.00
28317	Bread, wheat, sprouted, toasted	0.00	71.00
28325	Crackers, toast thins, low sodium	0.00	102.00
28327	Crackers, water biscuits	0.00	20.00
28328	Cookies, chocolate chip sandwich, with creme filling	0.00	25.00
28330	Cookies, marshmallow, with rice cereal and chocolate chips	0.00	51.00
28349	Cookies, oatmeal, reduced fat	0.00	32.00
28351	Cookies, Marie biscuit	0.00	28.00
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	0.00	--
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	0.00	--
42289	Oil, corn and canola	0.00	--
43026	Syrups, sugar free	0.00	--
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	0.00	--
43058	Candies, hard, dietetic or low calorie (sorbitol)	0.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.00	--
43216	Sweeteners, tabletop, fructose, dry, powder	0.00	--
43355	Mayonnaise, low sodium, low calorie or diet	0.00	--
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0.00	1.00
44005	Oil, corn, peanut, and olive	0.00	--
02051	Vanilla extract, imitation, alcohol	0.00	5.00
02074	Seasoning mix, dry, sazón, coriander & annatto	0.00	--
02075	Seasoning mix, dry, taco, original	0.00	--
02076	Seasoning mix, dry, chili, original	0.00	--
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00	--
03994	Babyfood, fruit, banana and strawberry, junior	0.00	30.00
03995	Babyfood, banana with mixed berries, strained	0.00	23.00
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.00	47.00
04001	Fat, beef tallow	0.00	--
04002	Lard	0.00	--
04027	Salad dressing, mayonnaise, imitation, soybean	0.00	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.00	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.00	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.00	--
04037	Oil, rice bran	0.00	--
04038	Oil, wheat germ	0.00	--
04042	Oil, peanut, salad or cooking	0.00	--
04044	Oil, soybean, salad or cooking	0.00	--
04055	Oil, palm	0.00	--
04058	Oil, sesame, salad or cooking	0.00	--
04060	Oil, sunflower, linoleic (less than 60%)	0.00	--
04135	Salad dressing, home recipe, vinegar and oil	0.00	--
04501	Oil, cocoa butter	0.00	--
04502	Oil, cottonseed, salad or cooking	0.00	--
04506	Oil, sunflower, linoleic, (approx. 65%)	0.00	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00	--
04513	Vegetable oil, palm kernel	0.00	--
04514	Oil, poppyseed	0.00	--
04515	Oil, tomatoseed	0.00	--
04516	Oil, teaseed	0.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
04517	Oil, grapeseed	0.00	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.00	--
04520	Fat, mutton tallow	0.00	--
04528	Oil, walnut	0.00	--
04529	Oil, almond	0.00	--
04530	Oil, apricot kernel	0.00	--
04531	Oil, soybean lecithin	0.00	--
04532	Oil, hazelnut	0.00	--
04534	Oil, babassu	0.00	--
04536	Oil, sheanut	0.00	--
04541	Oil, cupu assu	0.00	--
04542	Fat, chicken	0.00	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.00	--
04544	Shortening, household, lard and vegetable oil	0.00	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0.00	--
04549	Shortening industrial, lard and vegetable oil	0.00	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	0.00	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0.00	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0.00	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	0.00	--
04559	Shortening household soybean (hydrogenated) and palm	0.00	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0.00	--
04570	Shortening, confectionery, fractionated palm	0.00	--
04572	Oil, nutmeg butter	0.00	--
04573	Oil, ucuhuba butter	0.00	--
04574	Fat, duck	0.00	--
04575	Fat, turkey	0.00	--
04576	Fat, goose	0.00	--
04581	Oil, avocado	0.00	--
04582	Oil, canola	0.00	--
04583	Oil, mustard	0.00	--
04584	Oil, sunflower, high oleic (70% and over)	0.00	--
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	0.00	--
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	0.00	--

NDB_No	Description	Calcium, Ca(mg) Value Per	Magnesium, Mg(mg) Value Per
04588	Oil, oat	0.00	--
04589	Fish oil, cod liver	0.00	--
04590	Fish oil, herring	0.00	--
04591	Fish oil, menhaden	0.00	--
04592	Fish oil, menhaden, fully hydrogenated	0.00	--
04593	Fish oil, salmon	0.00	--
04594	Fish oil, sardine	0.00	--
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	0.00	--
04606	Meat drippings (lard, beef tallow, mutton tallow)	0.00	--
04609	Animal fat, bacon grease	0.00	--
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0.00	1.00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0.00	1.00
04642	Oil, industrial, mid-oleic, sunflower	0.00	--
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0.00	--
04644	Oil, industrial, canola for salads, woks and light frying	0.00	--
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0.00	--
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0.00	--